

Officium Eucharisticum.

AKC A PREPARATORY *Curtis*

1774
Service to a Devout

AND WORTHY

RECEPTION

OF THE

LORD'S Supper.

The Eighteenth Edition Corrected and
Enlarged.

To which is added,

A Meditation for every day in the Week.

St. Luke xxiv. 36.

He was known to them in breaking of Bread.

Printed for Eliphaz Dobson, and John
Ware, Book-sellers in Dublin, 1702.

Imprimatur
*Hic Liber (cui Titu-
lus, Officium Eu-
charisticum.)*

Anton. Saunders.

Ex Aedibus Lambeth.

Junii 13. 1677.

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To Her Royal Highness the
P R I N C E S S
O F
O R A N G E.

M A D A M,

W H E N I first resolved a third *Review* of these *rude Collections*, I was easily perswaded by my Friends to address them to your HIGHNESS, not out of a design to beg your *Shelter* and *Protection* of them from the *ill Usages* of a *ensorious* and *inhospitable* World, nor out of an *overweening desire* of raising an *Obelisque* to my otherwise *perishing* and *private Memory*, though I know that your *Authority* will keep them in *Breath* long after the *Author* shall have expired his ; nor out of an *innocent Ambition* to proclaim my *Obligations* to your HIGHNESS, which are more and greater than can be *crowded in*.

The Epistle Dedicatory.

to an *Epistle*. These indeed are the *usual Pretences of Dedications*, but my Aim is higher, and directed to a more *important end*, by telling the World how *good*, how *religious* You are, to encourage You to be more so: and yet in attempting this I may seem *impertinent*, because you are become your own *Theatre*; every *Scene of your Life* is so generally known (whilst the World is a Spectator to *applaud and admire* you) that it were even an *imardonable Arrogance* in a Man of my *Mediocrity*, either to think of adding any thing to your *HIGHNESS Lustre*, or to believe, I need open my *Readers Eyes*. The *Gravity and Sweetness* of your *Mein*, the *Affability* of all your *Comportments*, the *Vertue, Innocence, and Goodness* of your *Life*, your *resolved Constancy* in adhering to the *Religion* of our *Church*, your *frequent and devout Retirements* into your *Closet*, your *unwearied Attendance* at your *Chappel and Altar*, are sufficiently obvious, that the bare *Knowledge* of your *HIGHNESS* hath been enough to render you *beloved*, which yet one cannot but do with

The Epistle Dedicatory.

with a most profound Respect. And, Madam, you have often encouraged me to tell you, that these *Endowments* will ever more import and stead you than any *external* or *worldly* ones, wherewith too you are abundantly provided. The *celsitude* of your *Descent* only enrolls your Name in the Catalogue of the *Great*, is secular and transitory, calculated for *this World*; but it is your *Grace* and *Vertue* that writes it in the *Book of Life*. *Beauty* is fading, *Grandeur* is fugitive, the *Wreaths of Civil Honour* are withering; but your *Godliness* is a *Crown* that shall not fade away, gloriously set off with a *diffusive Charity*, a *great Humility*, and an *exemplary Devotion*; to the Improvement of which, your HIGHNESS hath made me proud to say that these *Devotionals* have not a little contributed. As to the *Meditations* subsequent to them, they were written by a *Reverend Person* of this Church, a true *Lover of Souls*, (as some *eminent Persons* about the *Court*, have abundantly experienced) and you have professed your self delighted with them, and benefi-

The Epistle Dedicatory.

ted by them. God Almighty make them all effectual to the *Furtherance* of your *spiritual Good*, and *eternal Blessedness*. And may that good God still multiply upon you his *Blessings*, may your Soul be still precious *in his Sight*, as the *Apple of his Eye*, as the *Signet* upon his *right Hand* ! May he preserve you stedfast and unmoveable, always abounding in the work of the Lord, in the constant Exercises of your Holy Religion (wherein you have been happily educated) amidst all the gaudy Divertisements of this vain and transitory World, which is the no less hearty than dutiful Prayer of,

Madam,

*Your Highness's most Humble,
most Devoted, and most Faithful
Servant and Chaplain.*

St. James's
June 3, 1677.

E. LAKE.

TO THE READER.

Good Reader,

T*His little Manual of Directions and Prayers for the Holy Communion, first designed for a Private Use, now shews it self in Publick; on Presumption it may help thee in thy Closet-Retirements towards a pious Preparation thereto, and a worthy Reception thereof.*

I will not be tedious in Prefacing it; only I cannot say it is mine, but a Collection, and recommends it self unto thee cloathed in the Language not of any Private Conception (of such the World is already full enough) but of Primitive Liturgies; of that of our Holy Church, and some of the most Devout Fathers of it, Bishop Andrews, Bishop Cousins, and that Great and Good Man Arch-Bishop LAUD, who lived a Patron of it, and died a Martyr for it.

The Collector is not curious, or solicitous

To the Reader.

to think how it may go down with a sort of People, whose unwieldy Zeal hath transported them under a Pretence of spueing out Popery, to disrelish and traduce any thing that is Primitive: But, the sober and devout Christian, who lives in the Communion of this Church, He is secure of. And that it may further thee in the Attainment of our Common Salvation, is his sincere and hearty Desire; in return to which, he begs thee nothing, but to recommend him now and then in these thy Private Addresses to the Throne of Grace.

A

PREPARATORY OFFICE.

For the HOLY

COMMUNION.

THE nearest and most solemn Intimacy and *Communion* we have with God in this World, is exhibited to us in the Blessed *Eucharist*; that is to say, the *Sacrament of the Lord's Supper*, wherein (according to our Church Catechism) the *Body and Blood of Christ are verily and indeed taken and received by the faithful*; and hence it is called by St. Paul, 1 Cor. x. 16. the *Communion of his Body*, and the *Communion of his Blood*; so that by a due and worthy Participation hereof, we are really incorporated into Christ, we dwell in Christ, and Christ in us; we are made

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one with Christ, and Christ with us; In regard of which invaluable Privilege, as well as the great Dangers which threaten unworthy Addressers thereunto, now especially we should enter into, and heed our selves, being careful to perform all *Devotional Acts of Worship and Piety* which may conduce to a good acceptable Celebration of so Divine a Mystery: St. Paul hath comprehended them all under this one Word and Duty of *Examination* 1 Cor. xi. 28. which includes more than we can readily conceive: I shall not insist upon those Graces of *Faith, Repentance,* and *Charity*, about which it should be chiefly conversant; but do immediately proceed to those *Preparatory Acts of Devotion*, which should be exercised in order to a due Reception of this blessed Sacrament.

I Begin then as you should in this, and in all other Duties of Religion, *In the Name of God*, and exhort, that having received Notice from God's Priests, of a *Communion* to be celebrated *next Sunday*,
you



you forthwith set your self to this great work, of fitting your self for a right Participation thereof. Whatever you do, let *this* be ever and anon *uppermost* in your Thoughts that *whole week*, reflecting on your spiritual Estate, and especially on *that time*, which God hath lent you from your *last Reception*; what Graces you have improved, what Duties omitted, what Sins committed, out of a hearty Resentment of which breathe forth sometimes these, or the like pious Ejaculations.

I Have sinned; what shall I do unto thee O thou *Preserver of Man!* Lord, I am not worthy to come under thy Roof; but speak the Word only, and thy Servant shall be healed.

Adding these two Collects to your private Devotions, both at Morning and Evening that whole Week.

A Almighty God, who of thy tender Mercy didst give thine only Son
Jesus

Jesus Christ; to suffer Death upon the Cross for *our Redemption*, and didst *institute*, and in thy holy Gospel command us to continue a *perpetual Memory* of that his precious Death, until his coming again: Hear me most merciful Saviour, I most humbly beseech thee, and make my *Groanings*, my *Desires* after this holy *Sacrament* answerable to my needs of it. But, O Lord: how shall such a Wretch as I dare to approach thy *holy Table*? How shall I presume to take the *Childrens Bread* who am as a vile Dog in thy sight? I have often *trampled* those precious things *under foot*, either carelessly neglecting, or unworthily receiving those *Holy Mysteries*! O Lord, my horrible Guiltiness makes me tremble to come, and yet makes me not dare to stay away; for, where shall this polluted Soul be washed but in this Fountain opened for Sin and for Uncleanness: Hither then I come; and thou hast promised, that him that cometh to thee, *Thou wilt in no wise cast out*. Grant me therefore, gracious Lord, *so to eat the flesh* of thy dear Son Jesus Christ,

Christ, and to drink his Blood, that my sinful Body may be made clean by his Body, and my Soul washed through his most precious Blood. Amen.

I Will not presume to come to thy Table, O merciful Lord, trusting in mine own Righteousness, but in thy manifold and great Mercies declared unto Mankind in our Lord Jesus Christ; for whose sake, give me, I pray thee, such a Preparation of Soul, as may qualifie me for a worthy approach thereunto: To this end make me heartily sensible of my Sins and Unworthiness; raise up my dull and earthy Mind from groveling here below, and inspire it with a holy Zeal to seek those things that are above: Let that infinite Love of Christ in dying for so wretched a Sinner, inflame my Soul, and kindle in me that sacred fire of Love to him again, and to all those whom He hath given me Command and Example to love, *Enemies* as well as *Friends*, and that for his sake: Cloath me, O Lord, in the *Wedding Garment*; and make me, though

though of my self, a most unworthy, yet by thy Mercy, an acceptable Guest at *thy Table*, that I may not eat or drink my own Damnation, but Salvation through Jesus Christ our Lord. *Amen.*

Having recommended your self unto God, with these or the like Collects, in your *private Retirements* : I do earnestly exhort you to frequent the *publick Prayers of the Church* : (nothing but a charitable, or some very urgent occasion can this Week, or indeed should at *any time* excuse you ;) and to attend them now with all *possible Devotion* : Watch your self now *especially*, your Thoughts, Words, and Actions, that they be not wicked or vain ; or if at any time they should ; that you forthwith recal and check your self, saying or thinking thus,

Lord have mercy upon me !

Christ have mercy upon me !

Lord have mercy upon me !

I Said, I will take heed to my ways that I offend not with my Tongue. O God, who knowest us to be set in the midst of so many and great Dangers, that by reason of the frailty of our Nature, we cannot always stand upright; grant to me such Strength and Protection, as may support me in all Dangers, and carry me through all Temptations; through Jesus Christ our Lord. *Amen.*

Set apart the *Friday* of every such Week as a day of holy *Fasting* and *Abstinence*, rising earlier than usually, if your Health will permit you, at five of the Clock; and being apparelled and ready, you may retire to your ordinary morning Prayers.

I will not presume to confine you to those at the end of this Book, but do suppose you already fixed; however peruse them, and possibly they may suit your *Condition*, they will undoubtedly your *Devotion*. Subjoyn to them on every such fasting day the two *Collects* for *Preparation to the Communion* above written, as also the 130 *Psalms*.

1. Out

1. **O**lt of the Deep have I called unto thee, O Lord ; Lord *hear my voice.*

2. O let thine Ears consider well the voice of my complaint.

3. If thou, Lord, wilt be extream to mark what is done amiss, O Lord, *who may abide it ?*

4. For there is Mercy with thee, therefore shalt thou be feared.

5. I look for the Lord, my Soul doth wait for him ; in his Word is my trust.

6. My Soul fleeth unto the Lord before the Morning Watch ; *I say, before the Morning Watch.*

7. O *Israel*, trust in the Lord, for with the Lord there is Mercy, and with him is plenteous Redemption.

8. And he shall redeem *Israel* from all his Sins.

Glory be to the Father, and to the Son, and to the Holy Ghost.

As it was in the beginning, is now, and ever shall be world without end. Amen.

Arising

Arising from Prayer, you must presently set your self to *recollect your Life past*, especially since you *last received*, by that *Catalogue of Sins*, set down at the end of this Book, reading it consideringly over, and at every *particular* ask your Soul, *Whether you are guilty of that Sin?* And commit to *writing*, those Sins you discover your self guilty of, with their respective Aggravations, viz. If they were committed *against Knowledge*, or on *mature deliberation*, or *against the resistance of Conscience*, &c.

I suppose this Duty of *Self-examination* most necessary to this great work, dispatched by *nine a Clock*, when taking the *Paper* in your Hand, humbly *prostrating* your self, say,

THe good Lord pardon every one that *prepareth* his Heart to seek God, the Lord God of his Fathers, tho' he be not cleansed according to the *Purification of the Sanctuary*.

Then

Then kneel and pray, Psal. 6.

1. **O** Lord, rebuke me not in thine Indignation, neither chasten me in thy Displeasure.

2. Have mercy upon me, O Lord, for I am weak; O Lord, heal me, for my bones are vexed.

3. My soul also is sore troubled; but Lord, how long wilt thou punish me?

4. Turn thee, O Lord, and deliver my Soul; O save me for thy mercies sake.

5. For in death no man remembreth thee, and who will give thee thanks in the Pit?

6. I am weary with my groaning; every night wash I my bed, and water my couch with my tears.

7. My Beauty is gone for very Trouble, and worn away because of all mine Enemies.

8. Away from me all ye that work Vanity, for the Lord hath heard the voice of my Weeping.

9. The Lord hath heard my Petition; the Lord will receive my Prayer.

10. All

10. All mine Enemies shall be confounded and sore vexed ; they shall be turned back, and put to shame suddenly.

*Glory be to the Father, and to the Son
and to the Holy Ghost.*

As it was in the beginning, is now, and ever shall be World without end. Amen.

O God to whom Vengeance belongeth shew thy self, but let it be in Pity and Compassion to thy wretched and unworthy Servant, who in all Humility confess my self a wicked and sinful Creature. I acknowledge those Sins, which if I would I cannot hide from thee, my Sins of *Pride, and Vain-glory, of Hatred, and Envy, of Gluttony and Wantonness*; I accuse my self of my wicked *Desires and Thoughts* which I have conceived, * of my *wanton and evil Words* which I have spoken, * of my *naughty and ungodly Deeds* which I have committed : * I acknowledge and bewail these my manifold Sins and

** At these Marks
have recourse to
those Sins noted in
your Paper.*

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** At these Marks
have recourse to
those Sins noted in
your Paper.*

and Wickednesses, which I from time to time most grievously have committed by Thought, Word, and Deed, against thy Divine Majesty, provoking most justly thy Wrath and Indignation against me. I do earnestly repent, and am heartily sorry for these my Misdoings; the remembrance of them is grievous unto me; the burden of them is intolerable. Have mercy upon me, have mercy upon me, most merciful Father, for thy Son Jesus Christ's sake, forgive me all that is past; and grant that I may ever hereafter serve and please thee in newness of Life, to the Honour and Glory of thy Name, through Jesus Christ our Lord. *Amen.*

Forgive me my Sins, O Lord; forgive me the Sins of my *Age*, and the Sins of my *Youth*; the Sins of my *Soul*, and the Sins of my *Body*; my *secret* and my *whispering* Sins; my *presumptuous* and my *crying* Sins; the Sins that I have done to *please myself*, and the Sins that I have done to *please others*.

Forgive

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Forgive me my *wanton* and *idle* Sins ;
 forgive me my *serious* and *deliberate* Sins ;
 forgive me these Sins which I *know*, and
 those Sins which I *know not* ; the Sins
 which I have laboured so long to *hide*
from others, that now I have even *hid*
them from my own Memory : forgive me
 them, O Lord, forgive them all, of thy
 great Mercy ; let me be *Absolved* from all
 my Offences, and of thy bountiful Good-
 ness, let me be delivered from the bands
 of those Sins, which by my frailty I have
 committed. Grant this, O heavenly Fa-
 ther, for Jesus Christ's sake, our blessed
 Lord and Saviour. *Amen.*

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Adding this short Litany, and the fol-
 lowing Prayers, which on any other
 Friday, or Fasting-day may be of use to
 you, omitting only the Prayer for Pre-
 paration to the Sacrament.

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O God, the Father of Heaven, have mer-
 cy upon me a most miserable Sinner !
 O God the Son, Redeemer of the
 World, have Mercy upon me a most mi-
 serable Sinner ! O

O God the Holy Ghost, proceeding from the Father and the Son, have Mercy upon me a most miserable Sinner!

O Holy, Blessed, and Glorious Trinity, three Persons and one God, have Mercy upon me a most miserable Sinner.

Remember not Lord mine Offences, nor the Offences of my Fore-fathers, neither take thou Vengeance of my Sins. Spare me good Lord, spare thy Servant whom thou hast redeemed with thy most precious Blood, and be not angry with me for ever.

Spare me good Lord

From all Evil and Mischief, from Sin, from the Crafts and Assaults of the Devil, from thy Wrath, and everlasting Damnation,

Good Lord deliver me

From all blindness of Heart, from Pride, Vain-glory, and Hypocrisie, from Envy, Hatred, and Malice, and from all thy Uncharitableness,

Good Lord deliver me

From

From Fornication and all other deadly
Sin, and from all the Deceits of the
World, the Flesh, and the Devil,
Good Lord deliver me!

From, &c. [Here repeat those Sins of
which you have found your self guilty,
and noted in your Paper.]
Good Lord deliver me!

From Hardness of Heart, from Con-
tempt of thy Word and Commandments,
from any evil Thought which may assault
and hurt my Soul.
Good Lord deliver me!

From all Adversities which may hap-
pen to the Body, from noisom and infect-
ious Diseases, and from sudden Death,
Good Lord deliver me!

By thine Agony and bloody Sweat, by
thy Cross and Passion, by thy precious
Death and Burial, and by thy victorious
Descension into Hell,
Good Lord deliver me! By

By thy glorious Resurrection and Ascension, and by the wonderful coming of the Holy Ghost,

Good Lord deliver me!

In all time of my Tribulation, in all time of my Wealth, in the hour of Death, and in the day of Judgment,

Good Lord deliver me!

I who am a most miserable Sinner, do beseech thee to hear me, O Lord God: to keep and strengthen me in the true Worshipping of thee; and to give me Grace to serve thee in Righteousness and Holiness all the days of my Life,

I beseech thee to hear me, good Lord.

That it may please thee to rule my Heart in thy Faith, Fear and Love, and that I may evermore have affiance in thee, and ever seek thy Honour and Glory,

I beseech thee to hear me, good Lord.

Tha

A- That it may please thee to be my De-
fender and Keeper, giving me the Victo-
ry over the World, the Flesh, and the
me! Devil,

I beseech thee to hear me, good Lord!

n all That it may please thee to endue my
ath, Soul with Grace, Wisdom, and Under-
me! standing,

I beseech thee to hear me, good Lord!

do That it may please thee to give me an
God: Heart to love and dread thee, and dili-
true gently to live after thy Commandments,
e me
s and

I beseech thee to hear me, good Lord!

ord That it may please thee to give me
Increase of Grace, to hear meekly thy
e my Word, and to receive it with pure Affe-
and ction, and to bring forth the Fruits of
ce in the Spirit,

Glo *I beseech thee to hear me, good Lord!*

ord That it may please thee to strengthen
me when I stand, to comfort, and help

Tha B me

me when I am weak-hearted ; to raise me up when I fall ; and finally to beat down Satan under my Feet.

I beseech thee to hear me, good Lord!

That it may please thee to succour, help, and comfort me, when I am in Danger, Necessity, and Tribulation.

I beseech thee to hear me, good Lord!

That it may please thee to give me, as at all times, so now especially, due Preparation of Mind, that I may worthily participate this holy Sacrament,

I beseech thee to hear me, good Lord!

To this end may it please thee to forgive mine Enemies, Persecutors, and Slanderers, and to turn their Hearts,

I beseech thee to hear me, good Lord!

That it may please thee to give me true Repentance, to forgive me all my Sins, Negligences and Ignorances, to enlue me with a lively and a stedfast Faith, and a sincere Resolution to amend my

my

my Life according to thy holy Word.

I beseech thee to hear me, good Lord!

O Son of God, I beseech thee to hear me.

O Lamb of God, that takest away the Sins of the World, *Grant me thy Peace.*

O Lamb of God, that takest away the Sins of the World, *Have Mercy upon me.*

O Christ hear me.

Lord have Mercy upon me!

Christ have Mercy upon me!

Lord have Mercy upon me!

Our Father, &c.

Deliver me from Evil. Amen.

O Lord, deal not with me after my Sins, *neither reward me after mine Iniquities.*

Psalms 51.

1. **H**Ave Mercy upon me, O God, after thy great Goodness, according to the multitude of thy Mercies, do away my Offences.

2. Wash me thoroughly from my Wickedness,

kedness, and cleanse me from my Sin.

3. For I acknowledg my Faults, and my Sin is ever before me.

4. Against thee only have I sinned, and done this Evil in thy Sight, that thou mightest be justified in thy Saying, and clear when thou art judged.

5. Behold I was shapen in Wickedness, and in Sin hath my Mother conceived me.

6. But lo, thou requirest Truth in the inward Parts: and shalt make me to understand Wisdom secretly.

7. Thou shalt purge me with Hyssop, and I shall be clean; thou shalt wash me, and I shall be whiter than Snow.

8. Thou shalt make me hear of Joy and Gladness, that the Bones which thou hast broken, may rejoice.

9. Turn thy Face from my Sins, and put out all my Misdeeds.

10. Make me a clean Heart, O God, and renew a right Spirit within me.

11. Cast me not away from thy Presence, and take not thy holy Spirit from me.

12. O

12. O Give me the Comfort of thy Help again, and establish me with thy free Spirit.

13. Then shall I teach thy ways unto the wicked, and Sinners shall be converted unto thee.

14. Deliver me from Blood-guiltiness, O God; thou that art the God of my health, and my Tongue shall sing of thy Righteousness.

15. Thou shalt open my Lips, O Lord, and my Mouth shall shew thy Praise.

16. For thou desirest no Sacrifice, else would I give it thee; but thou delightest not in Burnt-offerings.

17. The Sacrifice of God is a troubled Spirit: a broken and a contrite Heart, O God, shalt thou not despise.

18. O be favourable and gracious unto Zion, build thou the Walls of Jerusalem.

19. Then shalt thou be pleased with the Sacrifice of Righteousness, with the Burnt-offerings and Oblations; then shall they offer young Bullocks upon thine Altar.

Glory be to the Father, &c.

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O

O Lord, I beseech thee mercifully to hear me, and spare me, and all those who do confess their Sins unto thee, that they whose Consciences by Sin are accused, by thy merciful Pardon may be absolved, through Jesus Christ our Lord. Amen.

O Most mighty God, and merciful Father, who hast Compassion upon all Men, and hatest nothing thou hast made, who wouldest not the Death of a Sinner, but rather that he should turn from his Sin, and be saved: Mercifully forgive me my Trespases, receive and comfort me who am grieved and wearied with the Burden of my Sins: Thy Poverty is always to have Mercy; and to thee only it appertaineth to forgive Sins: Spare me therefore, Good Lord, spare me, spare thy Servant whom thou hast redeemed: enter not into Judgment with thy Servant, who am vile Earth, and a miserable Sinner: but so turn thine Anger from me, who meekly acknowledg
my

+ *Propert*

my Vileness, and truly repent me of my Faults, and so make hast to help me in this World, that I may ever live with thee in the World to come: through Jesus Christ our Lord. *Amen.*

Turn thou me, O good Lord, and so shall I be turned; be favourable O Lord, be favourable to thy Servant who turns to thee in *Weeping, Fasting, and Praying*: For thou art a merciful God, full of Compassion, Long-suffering, and of great Pity: Thou sparest when we deserve Punishment, and in thy Wrath thinkest upon Mercy: Spare thy Servant, good Lord; spare me, and let me not be brought to Confusion! Hear me, O Lord, for thy Mercy is great, and after the multitude of thy Mercies look upon me, through the Merits and Mediation of thy blessed Son Jesus Christ our Lord. *Amen.*

THe Lord bless me, and keep me, the Lord lift up the Light of his Countenance upon me, and give me Peace, now and for evermore. *Amen.*

The time following to *eleven of the Clock*, you may bestow in *dresssing*, and fitting your self for the *publick Prayers of the Church*, which then you must by no means fail to be *present at*. In the mean time let no sinful Thoughts possess your Soul, no vain or idle Communication proceed out of your Mouth, but such as may tend to edifying. Examine, exhort, encourage your Servants, or those about you, whom you have commanded, or who purpose to receive this blessed Sacrament with you; and be careful to avoid the Conversation of those who probably may tempt you to Sin and Vanity.

Returning from *Church or Chappel*, about *twelve of the Clock*, humble your self again before God and pray,

OUr Father which art in Heaven, *hal-
lowed be thy Name: Thy Kingdom
come: Thy Will be done in Earth, as it is in
Heaven: Give us this day our daily Bread:
And forgive us our Trespases, as we forgive
them that trespass against us: And lead us*

not

not into Temptation, but deliver us from
Evil. Amen.

Then the xxxii Psalm: *Still upon your
Knees.*

1. **B**lessed is he whose Unrighteous-
ness is forgiven, and whose Sins
are covered.

2. Blessed is the Man, unto whom the
Lord imputeth no Sin, and in whose Spi-
rit there is no Guile.

3. For while I held my Tongue, my
Bones consumed away through my daily
complaining.

4. For thy Hand is heavy upon me
day and night, and my Moisture is like
the Drought in Summer.

5. I will acknowledg my Sin unto
thee, and mine Unrighteousness have I
not hid.

6. I said I will confess my Sins unto
the Lord, and so thou forgavest the
Wickedness of my Sin.

7. For this shall every one that is god-
ly, make his Prayer unto thee, in a time

when thou mayest be found; but in the great Water-floods they shall not come nigh him.

8. Thou art a place to hide me in, thou shalt preserve me from Trouble, and compass me about with Songs of Deliverance.

9. I will inform thee, and teach thee in the way wherein thou shalt go, and I will guide thee with mine Eye.

10. Be ye not like to the Horse or Mule, which have no Understanding, whose Mouths must be held with Bit and Bridle, lest they fall upon thee.

11. Great Plagues remain for the ungodly, but whose putteth his Trust in the Lord, Mercy embraceth him on every side.

12. Be glad, O ye righteous, and rejoyce in the Lord: and be joyful all ye that are true of Heart.

Glory be to the Father, &c.

Almighty and everlasting God, who hatest nothing that thou hast made; & dost forgive the sins of all them that are penitent;

penitent ; Create and make in me a new and contrite Heart, that I worthily lamenting my Sins, and acknowledging my Wretchedness, may obtain of thee the God of all Mercy, perfect Remission and Forgiveness, through Jesus Christ our Lord. *Amen.*

A Almighty and most merciful Father, who for my many and grievous Sins committed against thee, and especially since the *last solemn time of my Humiliation and Repentance*, mightest most justly have cut me off in the midst of my days ; but in the multitude of thy Mercies hast hitherto spared me : Accept, I most heartily beseech thee, my unfeigned Sorrow for all my former Transgressions ; and grant that I may never so presume of thy Mercy, as to despise the Riches of thy Goodness ; but that thy Forbearance and Long-suffering may lead me to Repentance and Amendment of my sinful Life, to thy Honour and Glory, and my final Acquittance and Absolution at the last day, through Jesus Christ our Lord. *Amen.* O

O Lord, make clean my Heart within me :

And take not thy holy Spirit from me.

IN the Name of God the Father, the Son, and the Holy Ghost. *Amen.*

I Who am a wretched Sinner, here personally appearing,
 * Here throw your self upon the ground. and * prostrate unto the Majesty of the Great and Dreadful God, and in the presence of his Holy Angels ; having in Remembrance the exceeding Mercies of his great Goodness towards me, as in manifold Instances, so especially in this, that in the day of my Christning, I was so happily and holily Vowed and Dedicated unto God, to be his Child, and to live in his continual Service, and that contrary to the Profession which was then made in my Name, I have so many and sundry times so grievously violated my Vows, and profaned my sacred Promises, and employed my Soul to the service of the World, the

the Flesh and the Devil. At length recalling my self, and with all Lowliness and Devotion, casting my Soul and Body *prostrate* before the *dreadful Throne of his Justice*, do acknowledg, confess, and yield my self a miserable wretched Sinner, guilty of that Death and Passion which Christ once suffered for me upon the tormenting Cross: But turning my self to the *Throne of his infinite Mercy*: and with all my Might and Force, from the very deep of my Heart, detesting the Iniquities of my fore-passed Life, I most humbly beg and crave Pardon for the same with an entire Absolution for all my Sins, even for the precious Death and Passion's sake of my Lord and Saviour, unto whom I promise and confirm again, I do avow and solemnly renew the sacred Profession, and loyal Service and Fidelity which was made in my behalf unto him at my *Holy Baptism*, renouncing unfeignedly the Vanities of this wicked World, the Lusts of the Flesh, and the Suggestions of the Devil, and converting my self to my most gracious and merciful

ful God: *I desire, deliberate, purpose, and fully resolve* to honour him, serve him, and obey him for ever hereafter, *giving and dedicating* to him for this end, the *Faculties of my Soul, and the Members of my Body*, to be his faithful, loyal, and obedient Subjects, and Servants for ever, without *unsaying, revoking, or repenting* me of this my *holy and sacred Promise*, or any part thereof. And, I most humbly beseech Almighty God, the Father, the Son, and the Holy Ghost, to *confirm me in that constant Resolution* of abandoning these my Sins, and living an holy Life; and to accept of this my broken and contrite Heart, which he hath promised not to despise; entirely desiring his Fatherly Goodness, that as he hath given me *a Will and Desire to purpose*, so he would give me *strength and Grace* to perform all holy Actions, through Jesus Christ our Lord.

Lord, I pray thee, that thy Grace may always prevent and follow me, and make me continually to be given to
all

and all good Works, through Jesus Christ
him, our Lord. *Amen.*

Lord, I beseech thee, grant thy Ser-
vant Grace to withstand the Temp-
tations of the World, the Flesh and the
Devil: and with a pure Heart and Mind
to follow thee the only true God, through
Jesus Christ our Lord. *Amen.*

O God, whose Nature and Proper-
ty is ever to have Mercy, and to
forgive, Receive my humble Petitions;
and though I be tied and bound with the
Chain of my Sins, yet let the Pitifulness
of thy great Mercy loose me, for the
Honour of Jesus Christ our Mediator and
Advocate. *Amen.*

O Saviour of the World, save me,
who by thy Cross and Passion hast
redeemed me: help me, and save me, I
beseech thee, O God.

TO the King eternal, the immortal,
invisible and only wise God, who
is

is the ever blessed and adorable Trînity
be all Honour and Glory now and for e-
ver. *Amen.*

Having thus ended your *Mid-day De-*
votions, review your *Catalogue* of Sins:
Fix on *that Sin* you find your self chiefly
addicted to, labour for a godly Sorrow, and
Relentings of Heart on the Sight of it; re-
solve against all future *Perpetrations* of it,
carefully using all *Remedies* which may
tend to suppress it: To which purpose
examine your self concerning those *Occa-*
sons and *Inducements* which did lead you
to it, and provide as well as you can a-
gainst them, noting in your *Book* those *Oc-*
casions and *Remedies* which Scripture,
Reason, or Experience may prompt you
to. *As for Example.*

Suppose your self guilty of *Irreverence*,
or want of *Devotion* in the Service of God,
write down what doth commonly induce
you to it, what Remedies are most pro-
per to the Cure of it; Thus,

In the Year 1682. April 14. being Good
Friday (or be it in any other day) I fast-
ed,

ed, being to receive the *Communion* the following *Sunday*; and in the Exercise of this holy Duty; on *Examination* I found my self much guilty of *Irreverence* in the Worship of God, and discovered these Temptations to it.

1. Too much *addicting* my self to *childish* and *light* *Deportment* at all times; and therefore can hardly remit of them, when I come into God's Presence.

2. *Listning* too much to the *vain Discourses*, and *observing* the *impertinent Actions* of others.

3. *Want of Consideration* in whose *Presence* I am; to wit of the *great Majesty of Heaven*; of that God, who, if I do not repent, will strictly call me to an account for these, and all other my Sins, &c.

From which *Occasions* you may perceive what *Remedies* to use against it; as,

1. To labour for a grave and *modest Carriage* of my self at all times, considering my *Age, Quality, Degree, &c.*

2. To

2. To avoid vain and light Persons, or such that may not be done, *not to heed them* or seriously to rebuke them.

3. To entertain all awful and dreadful Apprehensions of the Great God, who seeth what I do, and how I comport myself: As also of the Holy Angels, who may truly enough be believed, from the Intimations of the Apostles, St. John Rev. viii. and St. Paul, 1 Cor. xi. 10 to be present at Holy Mysteries.

4. To these may be added Lifting up my Eyes to Heaven, or fixing them on the Priest, and not letting them loose what ever Objects may present themselves ----- These I then resolved to consider and practise; and will therefore frequently read them over.

EVEN so Amen: Lord let thy Grace be sufficient for me! Lead me not into any Temptation; but deliver us from Evil. Amen.

Then

Then kneeling down, pray for Devotion, or for any other Grace, the contrary Sin whereof, you have now found your self guilty of, and resolved against. You will find *Prayers* to the purpose at the latter end of this Book: As for Devotion, thus,

Most great God, who hast not only permitted, but invited us needy and miserable Creatures to present our Petitions unto Thee: O! let me set a true Value on this most inestimable Priviledg. I come unto Thee, O Lord, as a Worm to my sovereign Maker. I come as an heinous Offender to a just and severe Judg: Let, I pray thee, my Addresses in thine House be with a Revelation some way answerable to thine awful Majesty: Give me an hearty Desire to pray, and such a pure Intention and Fixcdness of Mind upon Thee, that I may no more incur the Guilt of drawing nigh unto Thee with my Lips, when my Heart is far from Thee; But may so ask, that I may receive; seek, that I may find; knock, that it may be opened unto me; that so from praying to Thee here, I

I may be translated to the praising Thee eternally in Thy Glory hereafter, through Jesus Christ our Lord. Amen.

This Exercise being finished about three of the Clock, the time appointed for the Evening Service; at your Return from the Church or Chappel, if you have not fully satisfied your own Conscience, but require farther Comfort or Counsel, you are to go to some discreet and Learned Minister of God's Word (especially to him under whose Ministry God hath placed you, not being curious or censorious in your Choice as to this particular) and open your Grief by Confession, that so you may receive the Benefit of Absolution, together with Ghostly Counsel and Advice to the quieting of your Conscience, and avoiding of all Scruple and Doubtfulness.

This being done (as it ought to be) with Submission and Sobriety, you may with Comfort retire into your Closet, and upon your Knees, say,

OUr Father which art in Heaven, Hal-
lowed be thy Name : Thy Kingdom
come : Thy Will be done in Earth as it is in
Heaven : Give us this day our daily Bread :
and forgive us our Trespases as we forgive
them that trespass against us : And lead us
into Temptation, but deliver us from E-
vil. Amen.

Almighty God, unto whom all
Hearts be open, all Desires known,
and from whom no Secrets are hid ;
 cleanse the Thoughts of my Heart by the
inspiration of thy holy Spirit, that I may
perfectly love thee, and worthily mag-
nifie thy holy Name, through Christ our
Lord. Amen.

Then read upon your Knees the Ten
Commandments, as they are set down
in our Communion-Service.

God spake these Words, and said, I
am the Lord thy God, Thou shalt have
no other Gods but me.

Lord

Lord have Mercy upon me, and incline my Heart to keep this Law.

Thou shalt not make to thy self any graven Image, nor the likeness of any thing that is in Heaven above, or in the Earth beneath, or in the Water under the Earth. Thou shalt not bow down to them, nor worship them, for I the Lord thy God am a jealous God, and visit the Sins of the Fathers upon the Children, unto the third and fourth Generation of them that hate me, and shew Mercy unto thousands of them that love me and keep my Commandments.

Lord have Mercy upon me, and incline my Heart to keep this Law.

Thou shalt not take the Name of the Lord thy God in vain: For the Lord will not hold him guiltless that taketh his Name in vain.

Lord have Mercy upon me, and incline my Heart to keep this Law.

Remember that thou keep holy the Sabbath day. Six days shalt thou labour, and do all that thou hast to do, but the seventh day is the Sabbath of the Lord thy God; in it thou shalt do no manner of Work, thou, and thy Son, and thy Daughter, thy Man-servant

and thy Maid-servant, thy Cattel, and the
stranger that is within thy Gates : For in
six days the Lord made Heaven and Earth,
the Sea, and all that in them is, and rested
on the seventh day; wherefore the Lord blessed
the seventh day and hallowed it.

Lord have Mercy upon me, and in-
cline my Heart to keep this Law.

Honour thy Father and thy Mother that
thy days may be long in the Land which the
Lord thy God giveth thee.

Lord have Mercy upon me, and in-
cline my Heart to keep this Law.

Thou shalt not do Murder.

Lord have Mercy upon me, and in-
cline my Heart to keep this Law.

Thou shalt not commit Adultery.

Lord have Mercy upon me, and in-
cline my Heart to keep this Law.

Thou shalt not steal.

Lord have Mercy upon me, and in-
cline my Heart to keep this Law.

Thou shalt not bear false Witness against
thy Neighbour.

Lord have Mercy upon me, and in-
cline my Heart to keep this Law.

Thou

*Thou shalt not covet thy Neighbours house,
thou shalt not covet thy Neighbours Wife,
nor his Servant, nor his Maid, nor his Ox,
nor his Ass, nor anything that is his.*

*Lord have Mercy upon me, and write
all these thy Laws in my Heart,
beseech thee.*

O Almighty Lord, and everlasting
God, Vouchsafe, I beseech thee to
direct, sanctifie, and govern both my
Soul and Body in the ways of thy Laws
and in the Works of thy Command-
ments, that through thy most mighty
Protection, both here and ever, I may
be preserved both in Body and Soul
through our Lord and Saviour Jesus
Christ. *Amen.*

*Then stand up, and heartily repeat your
Creed.*

I Believe in God, the Father Almighty
Maker of Heaven and Earth; and in
Jesus Christ, his only Son our Lord, who
was conceived by the Holy Ghost, Born of

the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried, he descended into Hell, the third day he rose again from the Dead, he ascended into Heaven, and sitteth on the right Hand of God the Father Almighty; from thence he shall come to judge the quick and the dead. I be- lieve in the Holy Ghost, the Holy Catholick Church, the Communion of Saints, the For- giveness of Sins, the Resurrection of the Bo- dy, and the Life everlasting. Amen.

After which, kneel again, and pray.

A Almighty everlasting God, heaven- ly Father, I give thee humble Thanks, that thou hast vouchsafed to bring me to the Knowledge of this Faith in thee, and do beseech thee, that thou woul- est keep me steadfast in the Faith, and e- vermore defend me from all Adversities, who livest and reignest one God, World without end. Amen.

Lord have Mercy upon me!

Christ have Mercy upon me!

Lord have Mercy upon me!

Psalm 28.

1. **P**ut me not to Rebuke, O Lord,
in thine Anger, neither chasten
me in thy heavy displeasure.

2. For thine Arrows stick fast in me,
and thy Hand presseth me sore.

3. There is no Health in my Flesh, be-
cause of thy Displeasure, neither is there
any Rest in my Bones by reason of my
Sin.

4. For my Wickednesses are gone o-
ver my Head, and are like a sore Bur-
den, too heavy for me to bear.

5. My Wounds stink, and are cor-
rupt through my Foolishness.

6. I am brought into so great Trou-
ble and Misery, that I go mourning all
the day long.

7. For my Loins are filled with a sore
Disease, and there is no whole part in
my Body.

8. I am feeble and sore smitten ;
have roared for the very Disquietness of
my Heart.

9. Lord

9. Lord thou knowest all my Desire,
and my Groaning is not hid from thee.

10. My Heart panteth, my Strength
hath failed me, and the Sight of mine
Eyes is gone from me.

11 My Lovers and my Neighbours did
stand looking upon my Trouble, and my
Kinsmen stood afar off.

12. They also that sought after my
life, laid Snares for me; and they that
went about to do me Evil, talked of
Wickedness, and imagined Deceit all the
day long.

13. As for me, I am like a deaf Man,
and heard not; and as one that is dumb,
who doth not open his Mouth.

14. I became even as a Man that hear-
th not; and in whose Mouth are no Re-
proofs.

15. For in thee, O Lord, have I put
my Trust; thou shalt answer for me, O
Lord my God.

16. I required that they, even mine
enemies should not triumph over me;
or when my Foot slipped, they rejoyced
greatly against me.

17. And I truly am set in the Plague
and my Heaviness is ever in my Sight.

18. For I will confess my Wickedness
and be sorry for my Sin.

19. But mine Enemies live and are
mighty; and they that hate me wrong-
fully, are many in number.

20. They also that reward Evil for
Good, are against me, because I follow
the thing that good is.

21. Forsake me not, O Lord my God,
be not thou far from me.

22. Hast thee to help me, O Lord
God of my Salvation.

*Glory be to the Father, and to the Son,
and to the Holy Ghost.*

*As it was in the beginning, is now, and e-
ver shall be, World without end. Amen*

O Christ hear me! and remember now
that hour in which thou didst once
commend thy Blessed Spirit into the Hands
of thy heavenly Father, when with a
torn Body and a broken Heart, thou didst
shew forth the Bowels of thy Mercy, and
die for us. I beseech thee, O thou Bright-

ness and Image of God, assist me by this thy most precious Death, that being dead unto the World, I may live only unto Thee, and at the last hour of my Departure from this mortal Life, I may commend my Soul into thine Hands, and thou mayest receive me into Life immortal, there to reign with thee for ever and ever. *Amen.*

GRANT me in the mean time, gracious Lord, a pure Intention of Heart, and a stedfast Resolution to despise all Vanity, to fight the Battles of the Lord manfully against the World, the Flesh and the Devil, to spend my time religiously and usefully, to speak gracious Words, to walk always as in thy Presence, to preserve my Soul and Body in Holiness, fit for the habitation of the Spirit of God. *Amen.*

MY Lord, and my God ; Give me, I beseech thee, a wise, a sober, a patient, an understanding, a devout, a religious, a courageous Heart ; chaste

and temperate Reins and Thoughts ; a Soul full of Devotion to do thee Service ; and do thou make my Services acceptable to thee while I live, and my Soul ready for thee when I die. *Amen.*

O Lord, increase in me Faith and Devotion, replenish my Heart with all Goodness, and of thy great Mercy keep me in the same ; give me true Humility in Prosperity, Patience in Adversity, and continual Joy in the Holy Ghost. *Amen.*

O Lord, give me spiritual Wisdom, that I may discern what is pleasing to thee, and follow what belongs unto my Peace, and let the Knowledge and Peace of God, and of Jesus Christ our Lord, be my Guide and my Portion all the days of my Life. *Amen.*

O Lord, make me humble to my Superiours and friendly to my Equals, thankful to my Benefactors, loving

ving to my Relations, and charitable to my Enemies; to be gentle and easily intreated, slow to Anger, and readily admonished; fully prepared, and thoroughly furnished for every good Word and Work. *Amen.*

O Lord, give me a peaceable Spirit, and a quiet Life, free from Debt and deadly Sin; give me Grace to abstain from all Appearance of Evil, and to do nothing, but what is of good Report; to confess Christ and his holy Religion by an holy and obedient Life, and a Mind ready to die for him when he shall call for me. And then, O Lord, assist me! *Amen.*

O Lord Jesu! I give thee my Body, my Soul, my Substance, my Fame, my Friends, my Liberty and my Life: Dispose of me, and of all that is mine, as it seemeth best to thee, and to the Glory of thy holy Name. *Amen.*

I Am not now *Mine*, but *Thine*, therefore claim me as thy right, keep me as thy Charge, and love me as thy Child: Fight for me when I am assaulted, heal me when I am wounded, and revive me when I am destroyed. *Amen.*

O God, from whom all good things do come; grant to me thy humble Servant, that by thy holy Inspiration I may think those things that are good, and by thy merciful Guidance may perform the same, through Jesus Christ our Lord. *Amen.*

Give me Modesty in my Countenance, Gravity in my Behaviour, Deliberateness in my Speech, and Righteousness in all my Actions: Let thy Mercy cleanse me from my Sins, and let thy Grace bring forth in me the Fruits of everlasting Life. *Amen.*

O God, who knowest us to be set in the midst of so many and great Dangers,

Dangers, that by reason of the Weakness of our Nature, we cannot always stand upright; look, I beseech thee, on my Frailties and Infirmities; and grant me such Health of Body, that both in my Soul and Body I may evermore serve thee with all my Strength and Might, through Jesus Christ our Lord. *Amen.*

Assist me mercifully, O Lord, in these, and all my Supplications and Prayers; and dispose the way of thy Servant toward the Attainment of everlasting Salvation; that among all the Changes and Chances of this mortal Life, I may ever be defended by thy most gracious and ready help, through Jesus Christ our Lord. *Amen.*

God the Father bless me! God the Son defend me! God the Holy Ghost preserve me! God the Holy Trinity be with me, now and for evermore.

After this apply your self to read some choice portion of Scripture, particularly, the

History of our Saviour's Passion, as in the *Gospels for the Holy Week*: Read with as much Affection and Heartiness, as is possible; all along reflecting on his *Innocency*, and *your self*, as one of those *Guilty Wretches*, for whom he suffered all this.

And think thus of your self.

I Have occasioned more Torment to him, than his very *Crucifiers*: They tormented him *once*, but I have, as much as in me lay, crucified him *daily*: they crucified him because they *knew him not*: but I *have known* him, and yet have still continued thus to crucifie him afresh.

These Meditations, as they should work in us a *great Sorrow* for our Sins past, and a *great Hatred*, and a firm *Resolution* against them for the time to come; so likewise should they quicken and stir up our *Faith in*, our *Love of*, and our *Thankfulness unto Christ*, for his so *great Mercy*, in redeeming us by so dear a *Price*.

Nor

Nor must your *Prayers* end here ; they are not compleat without *Intercessions*, nor acceptable without *Charity*, which is a Main requisite to a *Worthy Communicant*.

At six of the Clock therefore betake your self again to Prayer for all *Men* ; for *Christs Holy Catholick Church* ; and for all, who either by *Relation*, *Acquaintance*, or more particular *Desire*, may claim a share in your *Prayers*.

O Ur Father which art in Heaven, hal-
lowed be thy Name : Thy Kingdom
come : Thy Will be done in Earth, as it
is in Heaven : Give us this day our daily
Bread : And forgive us our *Trespases*, as
we forgive them that trespass against us :
And lead us not into *Temptation*, but deli-
ver us from *Evil*. Amen.

Psalm 102.

1. **H**ear my Prayer, O Lord, and
let my Crying come unto thee.

2. Hide not thy Face from me in the
time

time of my Trouble ; incline thine Ears unto me, when I call ; O hear me, and that right soon.

3. For my days are consumed away like smoak, and my bones are burnt up as it were a fire-brand.

4. My heart is smitten down, and withered like grass, so that I forget to eat my bread.

5. For the voice of my groaning, my bones will scarce cleave to my flesh.

6. I am become like a Pelican in the Wilderness, and like an Owl that is in the desert.

7. I have watched, and am even as it were a Sparrow that sitteth alone upon the house-top.

8. Mine enemies revile me all the day long ; and they that are mad upon me, are sworn together against me.

9. For I have eaten ashes as it were bread, & mingled my drink with weeping.

10. And that because of thine indignation and wrath ; for thou hast taken me up, and cast me down.

11. My days are gone like a shadow, and

and I am withered like grafs.

12. But thou, O Lord, shalt endure
for ever, and thy remembrance through-
out all generations.

13. Thou shalt arise, and have mercy
upon *Sion*, for it is time that thou have
mercy upon her, yea the time is come.

14. And why? Thy Servants think
upon her stones, and it pitieth them to
see her in the dust.

15. The Heathen shall fear thy Name,
O Lord, and all the Kings of the Earth
thy Majesty.

16. When the Lord shall build up *Sion*,
and when his glory shall appear.

17. When he turneth him unto the
Prayer of the poor destitute, and despis-
eth not their desire.

18. This shall be written for those
that come after; and the People which
shall be born, shall praise the Lord.

19. For he hath looked down from his
Sanctuary, out of Heaven did the Lord
behold the Earth.

20. That he might hear the mourn-
ings of such as are in captivity, and deli-

ver the Children appointed unto death.

21. That they might declare the name of the Lord in *Sion*, and his worship at *Jerusalem*.

22. When the People are gathered together, and the Kingdoms also to serve the Lord.

23. He brought down my strength in my journey, and shortened my days.

24. But I said, O my God, take me not away in the midst of mine age; as for thy years, they endure throughout all Generations.

25. Thou, Lord, in the beginning hast laid the foundation of the Earth, and the Heavens are the work of thy hands.

26. They shall perish, but thou shalt endure; they all shall wax old as doth a garment.

27. And as a Vesture shalt thou change them, and they shall be changed; but thou art the same, and thy years shall not fail.

28. The Children of thy Servants shall continue, and their Seed shall stand fast in thy sight.

Glory

Glory be to the Father, and to the Son,
and to the Holy Ghost.

As it was in the beginning, is now and e-
ver shall be, world without end. Amen.

Almighty God, who of thy tender
Love towards Mankind, hast sent
thy Son our Saviour Jesus Christ to take
upon him our flesh, and to suffer Death
upon the Cross, that all Mankind should
follow the example of his great Humili-
ty: mercifully grant, that I may both fol-
low the example of his Patience, and al-
so be made partaker of his Resurrection,
through the same Jesus Christ our Lord.

Almighty God, I beseech thee gra-
ciously to behold thy Family, for
which our Lord Jesus Christ was conten-
ted to be betrayed, and given up into
the hands of wicked Men, and to suffer
Death upon the Cross; who now liveth
and reigneth with Thee and the Holy
Ghost, ever one God, world without
end. Amen.

Almighty

A Lmighty and everlasting God, by whose Spirit the *whole Body of the Church* is governed and sanctified; Receive my Supplications and Prayers which *I offer before thee for all Estates of Men in thy Holy Church, that every Member of the same in his Vocation and Ministry may truly and godly serve thee, through our Lord and Saviour Jesus Christ. Amen.*

O Merciful God, who hast made all *Men*, and hatest nothing that thou hast made, nor wouldest the Death of a Sinner, but rather that he should be converted and live; Have mercy upon all *Jews, Turks, Infidels, and Hereticks*; and take from them all Ignorance, Hardness of Heart, and Contempt of thy Word; and so fetch them home, blessed Lord, to thy fold, that they may be saved among the remnant of the true *Israelites*, and be made *One Flock under One Shepherd*, Jesus Christ our Lord, who liveth and reigneth with thee, and the Holy Spirit, *One God*

od, world without end. *Amen.*

A Almighty God, who hast purchased
to thy self an *Universal Church*, by
the precious blood of thy dear Son; merci-
fully look on *that part of it in these King-*
doms, so miserably shattered and distressed. I
confess, O Lord, our Sins have justly deser-
ved that thou shouldest remove thy Can-
dlestick from us, and by some extraor-
inary Judgment make us a Scorn and a
by-word to the World: But, I beseech
thee, reverse those Plagues which we have
deserved; and continue those Mercies
which we have hitherto enjoyed, especi-
ally the Comfort of thy Gospel, and Li-
berty of thy Truth. O! let not our
Adversaries ever roar in the midst of our
Congregations, and set up their Banners
as Signs of Victory and Conquest over
us; but shield and protect us with thy
Mercy, that in thy Holy Church we may
still glorifie thy Name, through Jesus
Christ our Lord. *Amen.*

O God, the unspeakable *Author of the World, Creator of Man, Governor of Empires, and Establisher of all Kingdoms*, who out of the Loins of our Father *Abraham* didst chuse a King, that became the Saviour of all Kings and Nations of the Earth: Bless, I beseech thee, thy Servant, and our Dread Sovereign Lady Queen *ANN* with the richest Blessings of thy Grace; and establish her in the Throne of her Kingdom by thy mighty Aid and Protection: Visit her as thou didst visit *Moses* in the *Bush*, *Joshua* in the *Battel*, *Gideon* in the *Field*, and *Samuel* in the *Temple*: Let the Dew of thy abundant Mercies fall upon her Head, and give unto her the Blessing of *David* and *Solomon*: Be unto her an Helmet of Salvation against the face of her Enemies, and a strong Tower of Defence in the time of Adversity. Let her Reign be prosperous, and her days many: Let Peace, and Love, and Holiness, Justice and Truth and all Christian Vertues flourish in her time: Let her People serve her with

with Honour and Obedience, and let her
duely serve Thee here on Earth, that
she may hereafter everlastingly serve
Thee in Heaven through Jesus Christ our
Lord. *Amen.*

Beseech thee, O Lord, to save and de-
fend all Christian Kings, Princes and
Governours, especially thy Servant *ANN*
our Queen, that under her we may be
godly and quietly governed; and grant
unto her whole Council, and to all that
are put in Authority under her, that they
may truly and indifferently minister Ju-
stice, to the Punishment of Wickedness
and Vice, and to the Maintainance of thy
true Religion and Vertue. *Amen.*

Almighty God, the Fountain of all
Goodness, I humbly beseech thee
to bless *KATHARINE the Queen Dow-
ager*, and all the *Royal Family*: Endue
them with thy Holy Spirit: Enrich them
with thy Heavenly Grace, prosper them
with all Happiness, and bring them to
thine everlasting Kingdom, through Je-
sus Christ our Lord. *Amen.* *Almigh-*

A Almighty God, who alone workest great Marvels; give Grace to all *Bishops, Priests, and Deacons*, especially to those *under whose Dispensations I live*. Illuminate them with true Knowledg and Understanding of thy Word; and grant that by their Preaching and Living they may set it forth and shew it accordingly, and also rightly and duly administer thy holy Sacraments: Grant this for thy Son *Jesus Christ his sake. Amen.*

O Thou God of Truth, bring into the way of Truth all such as have erred and are deceived! O thou Father of Comforts, succour, help, and comfort all that are in Danger, Necessity and Tribulation; preserve all that travel by Land or by Water; all Women labouring of Child, all sick Persons and young Children; shew thy Pity upon all Prisoners and Captives; provide for the Fatherless Children and Widows, and all who are desolate and oppressed: yea, have Mercy upon *all Men*, especially those whom thou

thou hast called to the Knowledge of, and Faith in thy Son Jesus Christ. *Amen.*

A Almighty God, the Creator and Preserver of all Men (who hast commanded me to hon-

our my Father and my Mother.) Grant me of

This is only to be said by those who have Parents, or a Parent.

thy goodness and grace to love and honour

them, to fear and obey them, to help and to pray for them, as thou in thy holy

Word hast directed and charged me to do, that both in their Lives and Deaths

their Souls may bless me. Give I pray thee to (them and) all my Relations and

Benefactors, deliverance from all dangers both of Body and Soul: keep them in

the steadfastness of thy Faith, and in the obedience of thy Commandments: Bless

them, O Lord, and make us all doubly dear to each other both in the flesh and

in the Lord, and that for our Lord Jesus Christ his sake. *Amen.*

O God, from whom every good and perfect Gift proceedeth; accept my *Praise* and *Thanksgiving* which I offer unto thee for all thy Mercies and Benefits from time to time vouchsafed unto me; for my *Health, Peace, Liberty, Friends*, and all other Blessings of this Life; for *Jesus Christ* the Fountain of all; for his *Conception, Birth Circumcision*; for his *Baptism, Fasting Temptation*; for his holy and most *exemplary Life*; for his bitter, cruel, and yet patient and meritorious *Death*; for his victorious triumphant *Descension into Hell*; for his glorious *Resurrection and Ascension*; for the coming of the *Holy Ghost, the Eternal Comforter*, upon the *Apostles* on the day of *Pentecost*, and from that time for the Constitution of a *Catholick and Apostolick Church*, which is to continue to the end of the World. And beseech thee, O Lord, give me that due sense of all thy Mercies, that my Heart may be unfeignedly thankful; and that I may shew forth thy Praise, not only with my Lips, but in my Life, by giving

ing up my self unto thy Service, and by
 walking before thee in Holiness and Right-
 eousness all my days, through Jesus Christ
 our Lord. *Amen.*

A Lmighty God, who by thy *Holy*
Apostle hast taught us not only to
 make Prayers and Supplications; but al-
 so to give thanks for all Men: I offer up
 unto thee most high *Laud* and humble
 thanks for all thy wonderful *Graces* and
 virtues which thou hast declared in all
 thy *Saints*; chiefly in the glorious and most
 blessed *Virgin MARY*,
 the Mother of thy Son *St. Luke 14. 8.*
Jesus Christ, and all o-
 thers who have departed this Life with the
 zeal of *Faith*, and do now rest in the sleep
 of *Peace*; such as were the *Patriarchs, Pro-*
phets, Apostles, Martyrs and *Confessors*;
Holy Virgins, pious *Ma-*
rons, and * *devout Wi-* * *1 Tim. 3. 10.*
women, who have washed
 the Feet of the *Saints*; beseeching thee
 that we may still continue in their *Holy*
Communion, and enjoy the comfort there-
 of

of while we are on Earth, following with a glad Will and Mind their *holy Example* of godly living and stedfastness in the Faith; and that at the last day we with *them, and they with us*, may attain to the Resurrection of the Just, and have our perfect Consummation and Bliss both in Body and Soul in thy eternal and everlasting Glory, through Jesus Christ our Lord to whom with thee, and the Holy Ghost be ascribed by us, as is by *Angels and Arch-Angels*, and the *whole Company* of Heaven, all Honour and Glory, Work without end. *Amen.*

A Almighty God, who hast promised to hear the Petitions of them that ask in thy Son's Name; I beseech thee mercifully to incline thine ears unto me, now that *in his Name* I have made many *Prayers and Supplications* unto thee: and grant that those things which I have faithfully asked, according to thy Will, may effectually be obtained to the relief of my Necessity, and to the setting forth of thy Glory, through Jesus Christ our Lord. *Amen.*

THE Peace of God which passeth all Understanding; the Blessing of God Almighty, the Father, the Son, and the Holy Ghost; the Virtue of Christ's blessed Cross and Passion, be with me now at the hour of Death, and in the day of Judgment. *Amen.*

Having thus interceded and given Thanks, at *seven of the Clock*, with Chearfulness depart your Closet: Let not your Behaviour be without *innocent Alacrity*; but, let your special Care be to comport your self at these your *Fasts*, that they may not (if possible) be taken notice of by any, but your self and God; as being mindful of that Command of our Saviour, *St. Mat. vi. 17, 18. Anoint thy Head, and wash thy Face that thou appear not unto Men to fast.* Be sure then to avoid all *Stullenness* and *Moroseness*; but give ready and chearful Answers to any that shall demand you.

Thus disposed, you are ready for your Supper by *seven a Clock*, whereto, notwithstanding

D

standing your *long Abstinence*, you must not let loose your appetite; but eat as *sparingly* as at other times; remembering that our Church hath appointed this day, as all other *Fridays* in the Year, except *Christmas-day* to be the days of Fasting or Abstinence.

Those few hours from Supper to Bed-time, you cannot better bestow than in *Reading* or *Walking*, and *Meditating* on the particular Exercises of your Fast; examining your self, whether you have been as intent, as *devout* in the Performance of them, as is *requisite*? And where you have *failed*, heartily bewail your self to God, resolving within your self to be *more serious* and *careful* for the time to come. Be frequent and diligent in looking over your *Accountal*, observing every week since you last *communicated*, what your *Carriage* hath been? How you have *amended*, especially in those particulars in which you have formerly taken notice of your *Miscarriages*, and vowed *Reformation*.

Sometim

Sometime before you retire to your Evening Prayers, return to your Closet, and let your Charity crown your Devotions, [1 Cor. xv. 2.] Setting apart, and Devoting somewhat unto God of what you have, to the Relief of his wanting Servants; distributing it when you see occasion. In the mean time, separate it from the rest of your Store, and ever look upon it as Devote, and not to be touched, except to be dispensed to the Poor; when you do thus, consecrate it unto God, use this, or the like Ejaculation.

S. Luk. **W**Hat I give, O Lord, is of
xix. 8. *my own*, as thou hast prof-
pered me; if I have wronged any one, I
am ready to restore fourfold.

O Lord, whose is the Earth, and the
fulness thereof; I offer unto thee, *what by*
thy Gift and Blessing I have, this small Te-
stimony of my *Thankfulness*, to be bestow-
ed on those poor Christians, whom thy
Providence shall give me opportunity to
relieve: Be thou pleased through the

Blood of my Saviour to accept it, and pardon all my *vain Expences*. Amen.

Thou art my God ; my Goods are nothing unto thee ; all my Delight is upon the Saints that are in the Earth, and upon such as excel in Vertue.

About ten or Eleven of the Clock, *betake your self to your ordinary Prayers for the Evening*, whereto subjoyn the two Prayers for Preparation to the Holy Communion, which are above written, and also on every such day the 143 *Psalm*.

1. **H**ear my Prayer, O Lord, and consider my Desire : Hearken unto me for thy Truth and Righteousness sake.

2. And enter not into Judgment with thy Servant : For in thy sight shall no Man living be justified.

3. For the Enemy hath persecuted my Soul, he hath smitten my Life to the ground, he hath laid me in the darkness, as the Men that have been long dead.

4. Therefore is my Spirit vexed with

in

in me; and my Heart within me is desolate.

5. Yet do I remember the time past, I muse upon all thy Works; yea, I exercise my self in the Works of thy Hands.

6. I stretch forth my hands unto thee, my Soul gaspeth unto thee as a thirsty Land.

7. Hear me, O Lord, and that soon, for my Spirit waxeth faint: hide not thy Face from me, lest I be like unto them that go down into the Pit.

8. O let me hear thy loving kindness betimes in the Morning, for in thee is my Trust: Shew thou me the way that I should walk in, for I lift up my Soul unto thee.

9. Deliver me, O Lord, from mine Enemies, for I flee unto thee to hide me.

10. Teach me to do the thing that pleaseth thee, for thou art my God: Let thy loving Spirit lead me forth into the Land of Righteousness.

11. Quicken me, O Lord, for thy Names sake: And for thy Righteousness sake bring my Soul out of Trouble.

12. And of thy Goodness slay mine Enemies : and destroy all them that vex my Soul, for I am thy Servant.

Glory be to the Father, and to the Son, and to the Holy Ghost.

As it was in the beginning, is now and ever shall be, World without end. Amen.

Thus you end your Course of Prayers for every *Friday* preceeding a *Communion Sunday*. They are such, I think, as may suit your *Leisure* and *Condition* ; if not, you are prudent enough to omit and alter what you see good. I have all along supposed your *Constitution* strong enough to hold out such a Fast ; if *Health* will not bear it, in God's Name, eat, but moderately, and let your Food be mean and ordinary, such as a Crust of Bread, a little Wine, or a glass of small Beer, &c.

AND now having finished your Penitential Devotions on the *Friday*, or the *Eve* to *Christmas-day*, you have the less

less to do on the *Saturday*, nothing but to guard your self more strictly against Temptations, that they prevail not upon you: To which Purpose, be much in *Reading the Scriptures*, or some such Book; particularly *The whole Duty of Man*; the third Partition of it concerns the *Lord's Supper*, which after *Evening Prayer* read considerately over, applying every Passage to your self, as being some way or other concerned in it.

Part of this day you may bestow in *Offices of Charity*; As, *Visiting your sick Friends*, or *reconciling your self to any with whom you have had any Difference*, as you shall find occasion: or, as you shall be directed by your *Spiritual Guide*.

ON Sunday Morning you rise by *Six a Clock*, and subjoyn to your *Morning Prayers* those two *Collects for Preparation* above-mentioned.

After this consider, how you may with *due Devotion* comport your self at the *Holy Altar*, and, what are those particular

Duties and Graces you are there to exercise, you will find an account of them in the *third Partition* of the *Whole Duty of Man*.

Then examine the State and Temper of your *Heart*; whether it be tender and affectionately disposed to *Relentings* for your Sins, *Purposes* against them, and *Resolutions* for a holy Life? To humble *Reliances*, and trust on God in our *Saviour's* Blood for Pardon; To *spiritual Joy* and *Thankfulness*? To *Good Will* towards all Men? To *Charity*, and *Liberality*? and the like: Otherwise, have an *heartly Desire*, and use your utmost Endeavour, which will be accepted, to bring it to such a *Disposition*.

If, after all this be done, you have any *spare Minutes* before *Church* or *Chappel* time; you would do well to bestow them in reading over the *Communion Service*; by which means you will be able with more *Readiness* and *Devotion*, to go along with the *Priest* in the *Publick Ministrati-on* of it.

About an *Hour* before you go forth,
review

review the *Accompt* of your Sins, noted in your *Paper*, let your Heart go along with the *Reading* of them, *Sorrowing* for them, and *resolving* against them:

After this, humbly *kneel*, and repeat the
LI Psalm.

1. **H**Ave Mercy upon me, O God, after thy great Goodness, according to the multitude of thy Mercies do away my Offences.

2. Wash me thoroughly from my Wickedness, and cleanse me from my Sins.

3. For I acknowledg my Faults, and my Sin is ever before me.

4. Against thee only have I sinned, and done this Evil in thy Sight, that thou mightest be justified in thy Saying, and clear when thou art judged.

5. Behold I was shapen in Wickedness, and in Sin hath my Mother conceived me.

6. But lo, thou requirest Truth in the inward Parts, and shalt make me to understand Wisdom secretly.

7. Thou shalt purge me with Hyssop, and I shall be clean; thou shalt wash me, and I shall be whiter than Snow.

8. Thou shalt make me hear of Joy and Gladness, that the Bones which thou hast broken, may rejoyce.

9. Turn thy Face from my Sins, and put out all my Misdeeds.

10. Make me a clean Heart, O God, and renew a right Spirit within me.

11. Cast me not away from thy Presence, and take not thy Holy Spirit from me.

12. O give me the Comfort of thy Help again, and establish me with thy free Spirit.

13. Then shall I teach thy ways unto the wicked, and Sinners shall be converted unto thee.

14. Deliver me from blood-guiltiness, O God, thou that art the God of my Health: and my Tongue shall sing of thy Righteousness.

15. Thou shalt open my Lips, O Lord, and my Mouth shall shew forth thy Praise.

16. For

16. For thou desirest no Sacrifice, else would I give it thee; but thou delightest not in Burnt-offerings.

17. The Sacrifice of God, is a troubled Spirit: a broken and a contrite Heart, O God, thou wilt not despise.

18. O be favourable and gracious unto Zion; build thou the Walls of Jerusalem,

19. Then shalt thou be pleased with the Sacrifice of Righteousness, with the Burnt-offerings and Oblations, then shall they offer young Bullocks upon thine Altar.

Glory be to the Father, and to the Son, and to the Holy Ghost.

As it was in the beginning, is now, and ever shall be, World without end. Amen.

Then these following Collects.

1. **O** Blessed Jesu, who didst take upon thee our Nature, and didst suffer Death upon the Cross for our Redemption; and

and hast commanded us to *continue the Memory* of this thy precious *Death* till thy *Coming again*; O! let not the inestimable Benefits of it be frustrated by my manifold and grievous Sins; but inspire my Soul with those Graces which may qualifie me to receive them tendered unto me in *this blessed Sacrament*. O Lord, thou seest that I have no Power of my self to help my self! O! Let the Pitifulness of thy great Mercy loose me from the Chains of those Sins wherewith I am tyed and bound; that being thus set at Liberty, I may here with Chearfulness run the ways of thy Commandments, and hereafter enter into thy Joy, O blessed Saviour and Redeemer. *Amen.*

2. **T**HOU, O God and Saviour, knowest how vile I am, and with what Eagerness I have pursued the Paths that lead unto everlasting Death! How often hath this *Feast* been prepared, I lovingly *Bid*, and called thereto; but have with frivolous Excuses absented my self; Or, if I have come, I have brought such

Troops

Troops of thy professed Enemies, *unrepented Sins*, along with me, as if I came not to adore, but to defie thee; not to commemorate, but to renew thy Passion. I am not worthy, O Lord, I am not worthy to come into thy Presence; much less, to *eat the Flesh* of the Sacrificed Lamb: For, my Sins, O *Blessed Jesu*, went along in Confederation with the *High Priests*, in Treachery with *Judas*, in Injustice with *Pilate*, in Malice and Cruelty with the *People*: O! what Punishment then shall I be thought worthy of, who have thus trampled under Foot the *Son of God*, and counted the Blood of the *Covenant* an unholy thing? Where shall I vile Wretch appear, who have put my LORD to Death! Who have crucified to my self the SON of God afresh, and put *thee* to an open Shame! Where should I appear, but before my *Saviour*, who hath loved, and died for me, though I have hated and murdered him? Thy Blood, O *Jesu*, is my only Refuge! O! Let the Cry of it speak on my behalf, and may it speak better things than the Blood
of

of *Abel* ! Be merciful unto me, O God, be merciful unto me, for my Soul trusteth in thee ; and in the *clefts of thy wounds* shall be my Refuge until thy Fathers Indignation be over-past ! O blessed *Advocate* and *Mediator*, interceed for me with *Thy Father and Ours*, Thy God and Ours ; and grant, that by the Grace which thou hast found, by the Prerogative which thou hast deserved, by the Mercy which thou hast purchased for me, as thou hast been Partaker of my Sufferings and Infirmities, so I by thy Death and Resurrection, and by thy infinite gracious Intercession may be made Partaker of thy Holiness and thy Glory, even for thy own Merits sake. *Amen.*

3. **O** Lord, who hast promised, that if I open my Mouth wide, Thou wilt fill it, I pray thee, to *open it* ; and not my Mouth only, but my Heart also : O ! create in thy Servant a great Hunger, and thirst after the things of thy Kingdom, and the Righteousness of it, after all the holy Graces, and all the holy Ministries

ministries of Grace; that I may long for
the Bread of Heaven, thirst after the
Fountain of Salvation; and as the Hart
panteth after the Water-brook, so my
Soul may desire thee, O Lord: O! kin-
dle such an holy Flame in my Soul, that
it may consume all my Sins and cursed
Affections, that I may never again defile
the place which thou hast chosen for thy
Temple. Thou diedst, O dear Jesus, to
redeem me from Iniquity; O! let me
not again sell my self to work Wicked-
ness: I am a Sinner, a grievous one,
not worthy to look up to Heaven; but
be thou pleased to look down into the
Dust, and lift up a Sinner from the
Dunghil; let me not perish in my Folly,
or be consumed in thy heavy Displeasure.
Give me time and space to repent, and
give me powers of Grace, that as by thy
holy Inspiration I do sincerely and fixed-
ly resolve on an entire Reformation, so
by thy merciful Guidance, I may faith-
fully perform the same. Amen.

4. **O** Thou great Physician of Souls; heal me of those many and foul Diseases which my Soul groans under; Grant that I may now so touch thee that every one of those loathsome Issues may immediately stanch, that these Sicknesses may not be unto Death; but to the Glory of thy Mercy in pardoning, to the Glory of thy Grace in purifying so polluted a Wretch. *O Christ hear me!* inspire me with an holy Zeal, to mortifie my Sins, support me with an holy Hope, confirm me with an excellent and unprovable Faith, and enkindle in me a never-failing Charity: Let me judge my self, that I be not judged by thee; condemn my self, that I be not condemned with the World: But receiving this *Holy Sacrament* with a penitent Heart, and a lively Faith, I may partake the great Benefits of it; I may dwell in Christ, and Christ in me; I may be one with Christ, and Christ with me: The Lord be merciful unto me, and grant this for his own Bowels and Compassion sake. *Amen.*

Then

Then these Collects of Intercession.

Merciful God, who hast made all Men, and wouldst not the Death of a Sinner, but rather that he should turn from his Wickedness and live; to which purpose, thou hast sent thy Son out of thy Bosom, to suffer Death upon the Cross for our Redemption; look down in Mercy and Pity upon *Poor Mankind*, whose Portion is Folly and Misery, Shame and Death: Bring all Sinners to repentance; enlighten all that sit in darkness, all *Jews, Turks, Infidels, Hereticks*, and *Schismaticks*: Take from them all Blindness, Hardness of Heart, and Contempt of thy Word and Commandment; and so fetch them home, O blessed Lord, unto thy fold, that they may be saved among the remnant of the true *Israelites*, and be made one Fold under one Shepherd Jesus Christ our Lord.

Gracious

GRacious Lord, I do more especially humbly present to thy Divine Majesty this glorious Sacrifice which thy blessed Son made upon the Cross, in the behalf of all Christians throughout the World: Give unto them all, O God, thy Portion of all the good Prayers which are made in Heaven and Earth, the Intercession of our Lord, and the Supplication of all thy Servants. O! let us walk worthy of that holy Vocation wherewith we are called; let us who name the Name of Christ, depart from Iniquity; and unite in the bonds of the *Common Faith*, and holy Charity, that no Interests or Partialities, no Sects or Opinions may keep any longer in Darkness and Divisions; but that we may with one Mind, and one Mouth, glorifie Thee, the Father of our Lord Jesus Christ. *Amen.*

O Father of Mercies, be merciful to this *miserable divided Church* which we live; according to all thy Righteousness, let thine Anger be turned away

ay from us ; let Religion and Vertue
son all sorts of Men therein ; forgive us
our Sins ; turn thee unto us, and bless
that the World may say, Blessed is
is People, whose God is the Lord Je-
uah, and blessed are the Folk whom he
chosen to him to be his Inheritance !
ord, hear, and cause thy Face to shine
on this thy Sanctuary, which is thus
ly desolate, for the Lord's sake. *A-*

O King of Kings, and Lord of Lords,
give I pray thee, the Spirit of Go-
rment and Holiness to all Christian
ings, Princes and Governours ; especi-
y to thy Servant *ANN* our Queen ;
ant that her People may obey her, and
e may obey thee, and live in Honesty
d Peace, Justice and holy Religion,
ing a *Nursing-Mother* to the Church, an
advocate for the oppressed, a Patron for
e Widows, and a Sanctuary for the
liferable and Fatherless, that she may
ign with thee for ever in the Kingdom
the Lord Jesus Christ. *Amen.*

O Thou Fountain of all Goodness, be pleased to bless *KATHARINE* the Queen Dowager, and all the *Royal Family*; endue them with all heavenly Grace answerable to their Births; make them Instruments of thy Glory here, and Partakers of thy Glory hereafter. *Amen.*

O God, who alone workest great Marvels, be gracious unto all those who wait at thine *Altar*, the *Bishops* and all the *Clergy*: Open thou their Lips that their Mouths may shew forth thy Praise. Inspire them with Holiness, Diligence to preach and declare thy Will by good Lives, and wise Discourses, that they may minister to the good of Souls, and find a glorious Reward in the day of the Lord Jesus. *Amen.*

O Merciful God, be merciful in succouring all that are in Affliction; deliver the cut-cast and poor; help them to right that suffer Wrong; let the sorrowful sighing of the Prisoners come before thee.

re thee, and according to the great-
ness of thy Power, preserve thou those
that are appointed to die; be merciful
to all who are just now breathing out
their last; grant ease to those that are in
pain, supply to those that suffer want; and
let all wicked Persons give thy Grace, that
they may speedily repent, and live well,
and be saved through the Merits of Jesus
Christ. *Amen.*

HAVE mercy, and pour down thy
Blessings, O God, upon (my Fa-
ther, Mother, and all other) my Relations,
Friends, and Benefact-
ors: * Grant unto them * *Here mention*
whatsoever they want, *those who are so.*
wisely and holily de-
serve; keep them for ever in thy Fear and
Love; and let their Portion be in the
Blessing, and in the Service; in the Love,
and in the Kingdom of God, and for ever
more. *Amen.*



O Lord, I beseech thee, forgive my
Enemies all their Sins against thee,
and

and me; and give me that measure
thy Grace, that for their hatred, I may love
them; for their cursing, I may bless
them; for their Injuries, I may do them
good; and for their persecution, I may
pray for them. Lord, I pray for them
forgive them, for they know not what
they do. *Amen.*

Finally, O Lord, I pray thee for
those who shall be this day my Commu-
nions at the Altar; and for all others who
do now Communicate in any part of Chri-
stendom; that through this Blood of the
Cross, we may all be cleansed from our
Sins, and be presented pure and unblame-
able, and unproveable in thy sight, for
the sake of Jesus Christ, whom I adore
whom I love, and desire I may still more
and more love, and love for ever.
Amen.

Our Father which art in Heaven,
glorified be thy Name: Thy Kingdom
come: Thy Will be done in Earth as it is
in Heaven: Give us this day our daily Bread:

and forgive us our Trespases, as we forgive
them that trespass against us : And lead us
into Temptation, but deliver us from E-
vil : Amen.

THe Lord bless and preserve me in
my going out and my coming in ;
from this time forth for evermore. Amen.

Having thus finished your Closet-devoti-
on, you go forth to the Church or Chappel
waiting, that so a Portion from God's
table may be the first Morsel ; and re-
member to take something out of your
store to present at the Offertory.

When you enter into the Church, kneel
and pray.

Our Father which art in Heaven, hal-
lowed be thy Name : Thy Kingdom
come : Thy Will be done in Earth as it is in
Heaven : Give us this day our daily Bread :
And forgive us our Trespases as we forgive
them that trespass against us : And lead us
into Temptation, but deliver us from E-
vil : For thine is the Kingdom, and the
Power,

Power, and the Glory, for ever and ever
Amen.

Lord I have loved the *Habitation*
the House, and the place where
 thine Honour dwelleth. I will wash mine
 hands in Innocency, O Lord, and so will
 I go to thine *Altar*.

Having seated your self, turn to the
Psalms and Lessons, Epistle and Gospel for
 the day, that you may more freely attend
 the *Priest* in reading them.

Sermon ended, you go up to the *Altar*
 and *prostrate* before it, say,

Thou art worthy, O Lord, to re-
 ceive Glory, and Honour and
 Power; for thou hast created all things
 and for thy wills sake they are and were
 created.

Blessing, and Glory, and Wisdom
 and Thanks; and Honour, and Power
 be unto our God, and unto the Lamb for
 evermore. *Amen.*

The

Then whilst others are coming up, and
the Priest prepared to read the Senten-
ces, pray,

A Almighty Lord, who hast of thy
infinite Mercies vouchsafed to or-
tain this Sacrament for a perpetual memo-
ry of that Blessed Sacrifice, which once
thou madest for us on the Cross; grant
me with such diligent remembrance, and
such due reverence, to participate of this
holy and wonderful a Mystery, that I
may be made worthy by thy Grace to
obtain the Vertue and Fruits of the same,
with all the benefits of thy precious Death
and Passion, even the Remission of all my
sins, and the fulness of all thy Graces,
which I beg for thy only Merits, who art
my only Saviour, God from everlasting,
and world without end. Amen.

O Lord, our heavenly Father, almighty
and everlasting God, regard,
we beseech thee, the Devotions of thy
humble Servants, who do now celebrate
the Memorial which thy Son and our Sa-
viour hath commanded to be made in re-
membrance

membrance of his most blessed *Passion* and *Sacrifice*; that by the means and power thereof, now represented before thy Divine Majesty, we, and all thy whole Church may be made Partakers of all other the Benefits of his most precious Death and Resurrection from the Earth, and glorious Ascension into Heaven, who liveth and reigneth with thee and the Holy Spirit, ever one God, world without end. *Amen.*

BE pleased, O God, to accept this our bounden Duty and Service; and command that the Prayers and Supplications, together with the Remembrance of Christ's *Passion*, which we do now offer up to thee, may by the Ministry of the holy Angels be brought up into thy heavenly Tabernacle; and that thou dost weigh our Merits, but looking upon the blessed *Sacrifice* of our Saviour, which was once fully and perfectly made for all, mayst pardon our Offences, and replenish us with thy Grace and heavenly Benediction, through Jesus Christ our Lord. *Amen.*

While

Whilst upon your *Knees* you cast in your *Offering*, stop and say,

Blessed *Jesu*, who didst accept the poor Widow's *two mites*; be pleased graciously to accept this from thy unworthy Servant. *Amen.*

The Prayers beginning again, you must join with the Congregation; and heeding every passage, let your Heart go along with it: Keep your Mind attentive, not only to the words and substance of the Prayers and Exhortations, but also to every passage, and particular Ceremony in the *Consecration*; for as much as all of them have their meaning and reason.

Observe the Priest then breaking the Bread; and remember how Christ's blessed Body was torn with Nails upon the Cross; Observe him pouring out the Wine; and remember how his precious Blood was spilt likewise; and then consider they were your Sins which caused both, which should work in you a great Sorrow for them,

them, and then a great Hatred, and a firm resolution against them, and withal, engage you to Thankfulness and Love, resolving to express it by an universal Obedience in your Conversation. Again,

Observe the *People* too, *taking and eating the Bread; taking and drinking the Wine*; for it signifies their particular *laying hold on Christ by Trust and Faith*; their flying to, and apprehending him, as the means of their Salvation, and the pardon of their Sins tendered to them in this blessed Sacrament.

When the Priest repeateth that comfortable saying of St. Paul, *This is a faithful saying, and worthy of all acception, that Christ Jesus came into the world to save Sinners*, add (to your self) with all possible Devotion and Humility, *of whom I am chief*.

And if you have time while the Priest and others are communicating, use these or the like heavenly Aspirations,

I Am now before the Altar of God, even the God of my Joy and Gladness.

I will offer *Thanksgiving* unto my God,
and pay my *Wows* unto the most Highest.

O Lamb of God, that takest away the
Sins of the World, *Grant me thy Peace!*

O Lamb of God, that takest away the
Sins of the World, have mercy upon me!

Grant me, gracious Lord, so to eat the
Flesh of thy Son, and to drink his *Blood*,
that my sinful *Body* may be made clean
by his *Body*, and my *Soul* washed through
his most precious *Blood*. Amen.

O Lord, I am not worthy, nor fit
that thou shouldst come under the
filthy *Roof* of the house of my Soul, be-
cause it is wholly desolate and ruinous,
neither hast thou with me a fit place
where to lay thy head: But as thou didst
vouchsafe to be laid in a *Stable* and *Man-*
ner of unreasonable Beasts: as thou didst
not disdain to be entertained even in the
House of *Simon* the Leper; as thou didst
not reject the *Harlot*, a Sinner like unto
me, coming unto thee and touching thee;
as thou didst not abhor her foul and pro-
fane Mouth, nor yet the *Thief* on the

Cross confessing *thee*: Even so vouchsafe to admit *me also*, an overworn, miserable, and out of measure *sinful Creature*, to the *receiving* and *communicating* of the most pure, quickning, and saving *Mysteries* of thy most holy *Body* and precious *Blood*. Amen.

O Lord God, how I receive the *Body and Blood* of my most blessed Saviour *Jesus Christ* the price of my Redemption, is the very *wonder of my Soul*! yet my most firm and *constant belief* upon the *words of my Saviour*. At this time, they are graciously tendered to me, and my *Faith*: Lord, make me a worthy Receiver, and a Partaker of all the Benefits of this blessed Sacrament. Amen.

Upon the approach of the Priest with the consecrated Bread, say,

THou hast said, that he that eateth thy flesh, and drinketh thy Blood, hath eternal Life.

Behold the Servant of the Lord, be it

unto

unto me according to thy Word !

When the Priest offers thee the holy
Bread, say softly with him,

THe Body of our Lord Jesus Christ,
which was given for me, preserve
my Body and Soul unto everlasting Life.

Then answer audibly,

A M E N.

Whilst you eat it,

By thy crucified Body deliver me from
this Body of Death.

After receiving.

By thine Agony and bloody Sweat, by
thy Cross and Passion, Good Lord
deliver me !

I have sworn, and am steadfastly purposed
to keep thy righteous Judgments.

O hold thou up my goings in thy
paths

paths, that my footsteps slip not.

Upon the approach of the Priest with the consecrated Cup, say,

WHat Reward shall I give unto thee Lord for all the Benefits that thou hast done unto me! *I will take the cup of Salvation,* and call upon the Name of the Lord.

When the Cup of Blessing is offered unto you, say in your Heart with the greatest Devotion that possibly you may,

THe Blood of our Lord Jesus Christ, which was shed for me, preserve my Body and Soul unto everlasting Life.

Answering audibly,

A M E N.

After you have received it.

O My God, thou art true and holy!
O my Soul, thou art blessed and happy!

O the depth of the Wisdom and Knowledge of God ! how incomprehensible are his Judgments, and his ways past finding out !

Praise the Lord, O my Soul, and all that is within me praise his holy Name, who saveth thy Life from Destruction, and feedeth thee with the Bread of Heaven !

Glory be to God on high, and on Earth peace, Good will towards Men. I worship thee, O Lord, and magnifie thy Name for ever, who hast vouchsafed to fill my Soul with Gladness, and to feed me with the heavenly *Mysteries of Christ's sacred Body and Blood*, humbly beseeching thee, that from henceforth I may walk in good Works, and serve thee in Holiness and pureness of living, to the honour of thy Name. *Amen.*

Most blessed Redeemer, I do truly believe, that thy *Body was crucified*, and thy *Blood was shed out of thy Body*, as verily as I have received this Bread and this Wine set apart from the Bread :

And that for the *Remission of my Sins*, as well as *any others*: And I do also believe that with this *Bread and Wine* I have really and *spiritually* received thy *precious Body and Blood*, whereby my Sins are fully washed away, and my Soul purified, and refreshed: This, O Lord, I believe, *help thou my Unbelief!* Amen.

The Song of Simeon.

1. **L**ord, now lettest thou thy Servant depart in Peace, according to thy Word.

2. For mine Eyes have seen thy Salvation.

3. Which thou hast prepared before the face of all People.

4. To be a Light to lighten the Gentiles, and to be the Glory of thy People Israel.

Glory be to the Father, &c.

As it was in the beginning, &c.

Psalm 103.

1. **P**Raise the Lord, O my Soul, and
all that is within me, praise his
holy Name.

2. Praise the Lord, O my Soul, and
forget not all his Benefits.

3. Who forgiveth all thy Sins, and
healeth all thy Infirmities.

4. Who saveth thy Life from Destru-
ction, and crowneth thee with Mercy
and loving Kindness.

5. Who satisfieth thy Mouth with
good things, making thee young and ha-
sty as the Eagle.

6. The Lord executeth Righteousness
and Judgment for all them that are op-
pressed with Wrong.

7. He shewed his ways unto *Mose*,
Works unto the Children of *Israel*.

8. The Lord is full of Compassion and
Mercy, Long-suffering, and of great
Goodness.

9. He will not always be chiding, nei-
ther keepeth he his Anger for ever.

10. He hath not dealt with us after

our Sins, nor rewarded us according to our Wickedness.

11. But look how high the Heaven is in Comparifon of the Earth; fo great is his Mercy alfo towards them that fear him.

12. Look how wide alfo the Eaſt is from the Weſt, fo far hath he ſet our Sins from us.

13. Yea, like as a Father pitieth his own Children, even ſo is the Lord merciful unto them that fear him.

14. For he knoweth whereof we are made; he remembreth that we are but Duſt.

15. The days of Man are but as graſs; for he flouriſheth as a Flower of the Field.

16. For as ſoon as the Wind goeth over it, it is gone, and the place thereof ſhall know it no more.

17. But the merciful Goodneſs of the Lord endureth for ever and ever upon them that fear him; and his Righteouſneſs upon Childrens Children.

18. Even upon ſuch as keep his Covenant

ant, and think upon his Commandments
to do them.

19. The Lord hath prepared his Seat
in Heaven ; and his Kingdom ruleth over
all.

20. O praise the Lord, ye Angels of
his, ye that excel in Strength, ye that
fulfil his Commandment, and hearken
unto the Voice of his Words.

21. O praise the Lord, all ye his
Hosts, ye Servants of his that do his
Pleasure.

22. O praise the Lord, all ye Works
of his, in all places of his Dominion, Praise
thou the Lord, O my Soul.

Glory be to the Father, &c.

As it was in the beginning, &c.

*Whilst others are communicating, Medi-
tate and say,*

Happy are those Servants, whom,
when their Lord cometh, he shall
find thus doing.

Know ye not that ye are the Temple of
God, and that the Spirit of God dwelleth
in

in you? if any one *defile the Temple of God*, him will God destroy.

Behold, thou art *made whole, sin no more*, lest a *worse thing* happen unto thee.

The hour cometh, and now it is, that the true Worshipers shall worship the Father in Spirit and in Truth.

Be ye Followers of God, as dear Children, and walk in Love, as Christ loved us, and gave himself an *Offering* and a Sacrifice of a sweet Savour unto God for us.

This Holy Communion requires from us the greatest Charity we can express; therefore (if we have any time between these Ejaculations and the Post-Communion) it would be highly religious, to pray for those who are yet to communicate of one or both kinds, saying, *Alas poor men*, to the Words of the Priest, when he gives the Sacrament to any one, as well as to your self. And this Act of your Charity in praying for others, will render your own Prayers and Services the more holy and acceptable to God, and effectual to your Souls Health. For he that prays for himself alone, reaps only

the single Benefit of his own single Devotion: But whoso devoutly prays for others, reaps the Fruits of the Prayers of others, which is the great Benefit of the Communion of Saints.

At the end of the Communion, say,

To the King eternal, the immortal, invisible, and only wise God, the ever Blessed Trinity, be all Honour and Glory, now and for evermore. *Amen.*

Arising and making your Reverence towards the Altar, you depart with a glad Heart, and a chearful Countenance; preserve good Thoughts in your Mind; yet be not sullen or morose; but salute any of your Christian Brethren you meet with.

As soon as you come home, retire in to your Closet, and bless God with these Collects of Thanksgiving.

Almighty God, the Fountain of all Goodness, from whom every good and

and perfect Gift proceedeth; and to whom all Glory and Honour should be returned: I do desire most heartily to *thank thee*, for that thou hast vouchsafed to feed me, who have *received* these holy *Mysteries*, with the *spiritual food* of the most precious *Body* and *Blood* of thy Son our Saviour Jesus Christ, and dost assure me thereby of thy Favour and Goodness towards me, and that I am a *very Member* incorporate in the *mystical Body* of thy Son which is the *blessed Company* of *all faithful People*; and am also an Heir through Hope of thine everlasting Kingdom, by the Merits of the most precious Death and Passion of thy dear Son. O the height and depth of that unspeakable Mercy of thine, who art pleased to admit me a sinful Wretch to have any part in those inestimable Benefits, which I have so often despised and trampled under foot! I am not worthy, O Lord, that *daily Bread*, which sustains the Body; but thou hast made me Partaker of that *living Bread* which came down from *Heaven*, which nourisheth the Soul, and

and to which whosoever eateth, shall live for
 ever. O grant that my Soul may relish
 this Divine Food with Spiritual Ravish-
 ments, and Love, great as the Flame of
 Serubims; and grant that what thou hast
 given me for the *Remission of my Sins*, may
 not by any Fault become the Increase of
 them; that this *Holy Communion* prove
 not unto me, unto Judgment and Con-
 demnation, but may support and pre-
 serve me in every Temptation, rejoyce
 and quiet me in every Trouble, enlighten
 and strengthen me in every good Word
 and Work; comfort and defend me in
 the hour of my Death against all Opposi-
 tions of the Spirits of Darkness, and fur-
 ther me in the Attainment of everlasting
 salvation, through Jesus Christ. *Amen.*

Most Holy God, who art of purer
 Eyes than to behold Iniquity,
 I pray thee, that no unclean thing
 may be in me, who have now received
 thee into my Heart and Soul; but let this
 blood of Christ, who through the eternal
 spirit, offered himself without Spot to
 thee,

thee, purge my Conscience from dead
 Works to serve thee the living God.
 Give me Grace, that from henceforth
 I put off concerning my former Conversion
the Old Man, which is corrupt, ac-
 cording to the deceitful Lusts, and be re-
 newed in the Spirit of my Mind: As
 that I put on the *New Man*, which after
 thee is created in Righteousness and true
 Holiness; to which purpose be pleased
 to watch over me for good, to keep me
 both outwardly in my Body, and inwardly
 in my Soul. O God, thou seekest that
 I have no Power of my self to help
 self; thou knowest me also to be set
 the midst of so many and great Dangers
 that by reason of the *Frailty of my Nature*
 I cannot always stand upright; grant
 me such Strength and Protection, as may
 support me in all Dangers, and carry me
 through all Temptations, through Jesus
 Christ our Lord. *Amen.*

O Thou with whom is no variableness
 nor Shadow of turning, let thy
 Holy Spirit direct me in all things;

Grace always prevent and follow me,
 and preserve me against all Assaults of
 spiritual Enemies, especially of my
treacherous Heart, which is deceitful
 above all things, wicked, *desperately* wic-
 ked, O Lord, thou knowest it: how of-
 fended hath it betrayed me to the breach of
 thy holy Laws, to the Violation of all
 these Vows and Promises which I have
 made to thee? How often have I turned
 my back in the day of Battel? O let me
 no more thus start aside like a broken
 bow, but be stedfast, unmoveable, al-
 ways abounding in the Work of the
 Lord, resisting the Devil, that he may
 bring nothing from me, subduing my Flesh, and
 bringing it into Subjection; crucifying
 and overcoming the World, And there-
 fore let *those solemn Vows*, which I have
 made to forsake my Sins, never de-
 part from my Mind; but let the Remem-
 brance of them excite me to fight man-
 fully under thy Banner, and continue thy
 faithful Servant and Souldier unto my
 life's end. *Amen.*

O Lord, I do here humbly present unto thee my *Soul*, and *Body*, to be a living, holy and *reasonable Sacrifice* unto thee; I beseech thee, sanctifie my *Body*, that from a polluted *Dunghil*, it may become the *Temple of God*. Sanctifie my *Soul*, and receive it for thy *dwelling place*, the seat of thy *Spirit*, and an *House of Prayer* and holy *Meditation*: Sanctifie me *throughout*, that both my *Body* and *Soul* and *Spirit*, may be preserved *blameless* unto the *coming of our Lord Jesus Christ*, to whom with thee, O *Father*, and the *Holy Ghost*, be all *Honour and Glory*, *World without end. Amen.*

THus have you *closed your Communion Devotions*, it only remains that you bestow the *greatest part of the Afternoon in Reading, Praying, Meditating, good Conferences*, and the like: And when your *Condition* calls you to your *usual Converses*, you are still to remember, you have a great business which lies upon your hands, which is the *Performance of those Promises*

Promises you have now made to God ; to which purpose frequently *recollect* them to mind, and let the *remembrance* of them be your *refuge* against all *Temptations* to your *old Sins*, whenever they assault you : knowing what a grievous thing it is to break that *Vow* which you have sealed in your *Saviour's Blood*, and to have that *Blood* (through which only you can have pardon) to witness against you, which God forbid.

To your *Evening Prayers*, that *Sunday* night, immediately before the *Blessing* subjoyn this *Collect*.

O Blessed JESUS, who hast this day made me a *Partaker* of thy *Blessed Body* and *Blood*, thy *Mercy* hath given it, and my *Faith* hath received it into my Soul : O let me ever feel the happy *Vertue* and *Effects* of it : Put thy *Fear* into my *Heart*, to keep those *Vows* and *Promises* which I have on this solemnity rendered unto thee in my *Mind*, that I may not sin against thee ; enrich me with all those *Graces* which come from this pre-
cious

cious Body and Blood, and hereafter bring me to thine everlasting Glory, for thy Merits and Mercies sake.

THus, not to detain you longer, I have recommended to you the aforesaid Devotions to be used on the Friday in every month, which preceedes the Communion, (especially the Fridays before the three solemn times which our Church hath consecrated to this blessed purpose *Christmas, Easter, and Whitsunday*) supposing, that your health and important occasions will permit it, otherwise you are not obliged to the strictness of them, though you are obliged to receive this Sacrament whensoever an opportunity offers it self. To capacitate you for a worthy Communion thereof at all times; I do lastly and heartily advise you to maintain a constant course of daily Prayers at Morning and Evening throughout the year; every night recalling the Actions of the past day, and repenting for the Sins of it; the practice whereof will fit you for the Communion at any time, when it is occasionally tendered

brought to you; I mean, when you are sud-
 denly called to *Communicate* with a *dying*
Person; or come *accidentally* into a *Con-*
gregation where it is to be *received*, and
 all fit *Guests* are invited to it; in those
 cases, you are by no means to *turn your*
Back upon it; but bestowing that *little time*
 which is before you in *Recollecting*, *Re-*
penting, *Exercising your Faith, Love, Thank-*
fulness, &c. Omitting nothing of the
strictness which is required in the *Act* of
receiving, and performing afterwards to
 your power what you *secretly promised*;
 receive it with the rest in the name of
 God, beginning with the *Prayers*, before
 mentioned [page 89.] Which are to be
 said whilst the *Priest* is preparing to read
 the *Sentences*.
 Almighty God, who hast of thine in-
 finite Mercies vouchsafed, &c.

But this I advise, on supposal you car-
 ry about with you such an *habitual Pre-*
paration, which is acquired by keeping a
strict course of daily private Devotions, and

a constant Watchfulness over your self, otherwise you sin sadly. However, be careful to *communicate* whenever you are solemnly invited to it, *i. e. every month*; and with due remembrance of him, whose Death you do hereby shew forth till he come.

God Almighty make you a worthy Participant of his Body and Blood here, that you may for ever enjoy him hereafter. *Amen.*

DEVOTIONS for the Morning, which begin with Prostration, and saying,

AT the Name of Jesus, God blessed for ever, let every Knee bow, both of things in Heaven, things in Earth, and things under the Earth; *Glory be to thee, O Lord most High.*

Then upon your Knees, say,

GOd be in my Head and in my Understanding, that I may know in this

lf, o- this my day the things which do concern
care- my everlasting Peace.

e so- God be in my *Eyes*, and in my *Seeing*,
and that I may be always looking up to thy
Death Mercy-Seat, and that they be not as so
many *Casements* to let in *Vanity*.

rthy God be in my *Mouth*, and in my *Speak-*
Blood *ing*, to guard and fence it from idle
enjoy *Words*; and that it may at no time be a
Door to let out *Folly*.

o be- God be in my *Ears*, and in my *Hear-*
ing, that they may be always open to
found and wholesome Counsels, and deaf
to corrupt and filthy Communications.

uffed God be in my *Heart*, and in my *Think-*
both *ing*, to preserve it from being a sink of
and uncleanness, and that it may never be
thee, suffered either to flatter me or deceive
others.

Un- God be at my *End*, and at my depart-
in *ing*, that so my *Death* may be precious in
this the sight of the Lord, with whom I pray
that I may live for evermore. *Amen.*
And so,

Prevent me, O Lord, in all my doings
F with

with thy most gracious Favour, and further me with thy continual Help, that in all my Works begun, continued, and ended in thee, I may glorifie thy holy Name, and finally by thy Mercy obtain everlasting Life, through Jesus Christ our Lord. Amen.

Our Father which art in Heaven, hallowed be thy Name: Thy Kingdom come: Thy Will be done in Earth as it is in Heaven: Give us this day our daily Bread: And forgive us our Trespases, as we forgive them that trespass against us: And lead us not into Temptation, but deliver us from Evil. Amen.

My Voice shalt thou hear betimes, O Lord, early in the morning will I direct my Prayer unto thee; and I will look up.

O Lord, open thou my Lips.

And my Mouth shall shew forth thy Praise.

O God, make speed to save me;

O Lord, make hast to help me.

Glory be to the Father, and to the Son,
and to the Holy Ghost. As

As it was in the beginning, is now and ever shall be, world without end. Amen.

Psalm 95.

O Come, let us sing unto the Lord, let us heartily rejoice in the strength of our Salvation.

Let us come before his Presence with Thanksgiving, and shew our selves glad in him with Psalms.

For the Lord is a great God, and a great King above all Gods.

In his hand are all the corners of the Earth, and the strength of the Hills is his also.

The Sea is his, and he made it; and his hands prepared the dry Land.

O come, let us worship and fall down, and kneel before the Lord our Maker.

For he is the Lord our God, and we are the People of his Pasture, and the Sheep of his hand.

To day, if ye will hear his Voice, harden not your Hearts, as in the provocation, and as in the day of temptation in the Wilderness.

When your Fathers tempted me, proved me, and saw my Works.

Forty years long was I grieved with this Generation; and said, It is a People that do err in their Hearts, for they have not known my ways.

Unto whom I swear in my Wrath, that they should not enter into my rest.

*Glory be to the Father, and to the Son,
and to the Holy Ghost.*

As it was in the beginning, is now and ever shall be, world without end. Amen.

After which read one or more of *David's* psalms in order; beginning with the First, and so onward, concluding each Psalm with

*Glory be to the Father, and to the Son,
and to the Holy Ghost.*

As it was in the beginning, is now and ever shall be, world without end. Amen.

Then a Chapter out of the *Proverbs* of *Solomon*, or the *New Testament*: and after that, We

WE praise thee, O God, we acknowledge thee to be the Lord.

All the Earth doth worship thee, the Father everlasting.

To thee all Angels cry aloud, the Heavens, and all the Powers that are therein.

To thee *Cherubin* and *Seraphin*, continually do cry.

Holy, holy, holy, Lord God of Sabbath.

Heaven and Earth are full of the Majesty of thy Glory.

The glorious Company of the Apostles praise thee.

The goodly Fellowship of the Prophets praise thee.

The noble Army of Martyrs praise thee.

The holy Church throughout all the World doth acknowledge thee.

The Father of an infinite Majesty.

Thine honourable, true, and only Son.

Also the Holy Ghost, the Comforter.

Thou art the King of Glory, O Christ!

Thou art the everlasting Son of the Father.

When thou tookest upon thee to deliver Man, thou didst not abhor the Virgin's Womb.

When thou hadst overcome the sharpness of Death, thou didst open the Kingdom of Heaven to all Believers.

Thou sittest at the right Hand of God, in the Glory of the Father.

We believe that thou shalt come to be our Judge.

We therefore pray thee, help thy Servants whom thou hast redeemed with thy precious Blood.

Make them to be numbred with thy Saints in Glory everlasting.

O Lord, save thy People, and bless thine Heritage.

Govern them and lift them up for ever.

Day by day we magnifie thee.

And we worship thy Name, ever world without end.

Vouchsafe, O Lord, to keep us this day without Sin.

O Lord, have mercy upon us, have mercy upon us. O

O Lord, let thy mercy lighten upon us, as our trust is in thee.

O Lord, in thee have I trusted, let me never be confounded.

Then the Creed.

I Believe in God, the Father Almighty, Maker of Heaven and Earth, and in Jesus Christ his only Son our Lord, who was conceived by the Holy Ghost, Born of the Virgin Mary, suffered under Pontius Pilate; was crucified, dead and buried, he descended into Hell, the third day he rose again from the Dead, he ascended into Heaven, and sitteth on the right Hand of God the Father Almighty; from thence he shall come to judge the quick and the dead. I believe in the Holy Ghost, the Holy Catholick Church, the Communion of Saints, the Forgiveness of Sins, the Resurrection of the Body, and the Life Everlasting. Amen.

O Ur Father which art in Heaven, hal-
lowed be thy Name : Thy Kingdom
come : Thy Will be done in Earth as it is in
Heaven : Give us this day our daily Bread :

And forgive us our Trespases, as we forgive them that trespass against us : And lead us not into Temptation, but deliver us from Evil. Amen.

Blessing, and Honour, and Glory, and Power be unto him that sitteth on the Throne, and unto the Lamb for ever and ever. *Amen.*

GLORY be to God on high ; on Earth Peace ; good Will towards Men. I praise thee, I bless thee, I worship thee, I glorifie thee, I give thanks to thee for thy great Glory and Goodness, O Lord God, Heavenly King, God the Father Almighty : For thy Son *Jesus Christ*, manifested in the Flesh, to destroy the works of the Devil ; and who is the Fountain of all those Mercies both spiritual and temporal, so freely and plentifully bestowed on me thy most unworthy Creature, from time to time, particularly, that thou hast protected me this last night from all Perils ghostly and bodily, and brought me to see the Light of another day, whereas
thou

thou mightest justly have suffered me to sleep in Death, by reason of those manifold and heinous Sins wherewith I have from time to time offended thy Divine Majesty. I have sinned ! and what shall I say unto thee, O thou *Preserver of Man* ? I have left undone those things which I ought to have done : and I have done those things which I ought not to have done ; and there is no Health in me : but thou, O Lord, have Mercy upon me a most miserable Offender ! O thou, who desirest not the Death of a Sinner, but rather that he would turn from his Wickedness and live ; *Have Mercy upon me !* Spare me, and restore me, who do here in all Humility confess my Faults, and do desire to be penitent for them. Have regard to thy *Blessed Son* who is our *Advocate* with thee, O Father, and the *Propitiation* for all our Sins ; for whose sake mercifully grant unto me true Repentance, and the Assistance of thy *Holy Spirit*, which may teach and enable me to please thee hereafter in all things, to deny Ungodliness and worldly Lusts, and to live god-

ly, righteously, and soberly in this present World, that so at last I may come to thine eternal Joy, through the same Jesus Christ our Lord. *Amen.*

A Almighty God our heavenly Father, who of thy great Mercy hast promised *Forgiveness* of Sins to all them that with hearty Repentance and true Faith turn unto thee: Have Mercy upon me; pardon and deliver me from all my Sins; confirm and strengthen me in all Goodness, and bring me unto everlasting Life, through Jesus Christ our Lord. *Amen.*

O Lord our heavenly Father, Almighty and everlasting God, who hast safely brought me to the beginning of this day; preserve me in the same, and all other days of my Life, from all Sin and Danger; and by thy gracious Governance, dispose all my Thoughts, Words and Actions this day, to thy Glory, through Jesus Christ our Lord. *Amen.*

Molt

Most Gracious God, I humbly beseech thee, as for this Kingdom in general, so especially for her, who is the supream Governour thereof; O Lord, grant the Queen a long Life, that her Years may endure as many Ages; furnish her with safe and wise Counsels, and give her an Heart of Courage and Constancy to pursue them: O prepare thy loving Mercy and Faithfulness for her, that they may preserve her: Let thy Name, O God of Jacob, defend her: send her help from thy Sanctuary, and strengthen her out of *Zion*; and let us her Servants under thee, see with Joy that thou wilt hear her from thy holy Heaven, even with the wholsome strength of thy right Hand; so will we always sing Praises unto thy Name, through Jesus Christ our Lord. *Amen.*

Bless, O Lord, the Queen Dowager, and all the *Royal Family*; Prosper them with all Happiness, and make them all instrumental to the furtherance of thy Glory

Glory in this World, and bring them to
thine everlasting Kingdom in the World
to come, through Jesus Christ our Lord.
Amen.

Give Grace, O Heavenly Father, to
all *Bishops* and *Curates* especially to
Him whom by thy good Providence thou
hast appointed my *Spiritual Pastor and*
Guide. Grant that I may reverence his
Person, and have regard to his good and
wholsome counsels; so that by him I may
be conducted; and together with him en-
ter into thine eternal Joy, through Jesus
Christ. *Amen.*

O God, the Creator and Preserver of
all Mankind, I beseech thee for all
sorts and conditions of Men, and especi-
ally for thy Holy *Catholick Church*, that
one *Faith* may be *uniformly* professed, as
thy *Church* is and can be but one; purge
it from all *Atheism*, *Heresie*, and *Schism*;
and grant that all they who do confess thy
holy Name, may agree in the Truth of
thy holy Word, and hold the Faith in
Unity

Unity of Spirit, in the bond of Peace, and in Righteousness of Life, through him who is the only *Head* over all things to his Church, *Jesus Christ* our Lord. *Amen.*

O God of Mercies, and Father of Comforts, have Mercy, and comfort all those who are any ways afflicted or distressed in Mind, Body or Estate; Relieve them according to their several Necessities, give them Patience under their Sufferings, and an happy Issue out of all their Afflictions, for *Jesus Christ* his sake. *Amen.*

Gracious Lord, bless all those who are near or dear unto me, and make them near and dear to thine own self: All my *Kindred* *, other my *Friends, Acquaintance, and Benefactors* particularly †. Forgive me and them all our Sins, and continue us thy Servants in Life and Death. *Amen.*

* Here insert your nearest Relations.

† Here particularize whom you think fit.

The

THe Lord fulfil the Desires and Petitions of thy Servant, as may be most expedient for me: The Lord bless me, and keep me: The Lord lift up the Light of his Countenance upon me, and give me Peace both now and evermore.
Amen.

PRAYERS for the Evening.

O Lord, I do again humbly present my self before thee, let my Prayers be set forth in thy Sight as the *Incense*, and the lifting up of my hands be an *Evening Sacrifice*, even for Jesus Christ his sake, *Amen.*

OUr Father which art in *Heaven*, hallowed be thy Name: Thy Kingdom come: Thy Will be done in Earth as it is in Heaven: Give us this day our daily Bread: And forgive us our Trespases, as we forgive them that trespass against us: And lead us not into Temptation, but deliver us from Evil:
For

for the Holy Communion.

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*For thine is the Kingdom, and the Power,
and the Glory, for ever and ever. Amen.*

Then read a *Psalm*, which conclude
with,

Glory be to the Father, &c.

After it, a Chapter out of the *New
Testament*, at the end of which, say,

Lord, now lettest thou thy Servant de-
part in Peace, according to thy Word.

For mine Eyes have seen thy Salvati-
on.

Which thou hast prepared before the
face of all people.

To be a Light to lighten the Gentiles:
and to be the Glory of thy People *Israel*.

*Glory be to the Father, and to the Son, and
to the Holy Ghost.*

*As it was in the beginning, is now, and
ever shall be, World without end. Amen.*

After which, devoutly repeat your
Creed.

I Believe in God, the Father Almighty, Maker of Heaven and Earth; and in Jesus Christ his only Son our Lord, who was conceived by the Holy Ghost, Born of the Virgin Mary, suffered under Pontius Pilate; was Crucified, Dead, and Buried, he descended into Hell, the third day he rose again from the Dead, he ascended into Heaven, and sitteth on the right Hand of God the Father Almighty; from thence he shall come to judg the quick and the dead. I believe in the Holy Ghost, the Holy Catholick Church, the Communion of Saints, the Forgiveness of Sins, the Resurrection of the Body, and the Life everlasting. Amen.

The Lord be with me. Amen.

OUr Father which art in Heaven, Hallowed be thy Name: Thy Kingdom come: Thy Will be done in Earth as it is in Heaven: Give us this day our daily Bread: And forgive us our Trespases, as we forgive them that trespass against us: and lead us not into Temptation, but deliver us from Evil. Amen. Almighty

A I mighty and most merciful Father, but a most severe and just Judg, to all obstinate and impenitent Sinners; I acknowledg and bewail my manifold Sins and Wickedness, which I from time to time most grievously have committed in Thought, Word, and Deed, against thy Divine Majesty. I have sinned, and what shall I do unto thee, O thou Preserver of Man? I have left undone those things which I ought to have done; and I have done those things which I ought not to have done, and there is no Health in me. But thou, O Lord, have Mercy upon me, a most miserable Offender! O God, who desirest not the Death of a Sinner, but rather that he should turn from his Wickedness and live: Have Mercy upon me, spare and restore me, who desire in all Humility to confess my Faults, and to be penitent for them: Have regard to thy Son *Jesus Christ*, who is our *Advocate* with thee, and the *Propitiation* for all our Sins; for whose sake, grant me true Repentance, and the Assistance of thy *Holy Spirit*,

Spirit, to please thee hereafter in all things, to teach and enable me to deny all Ungodliness and worldly Lusts, and to live soberly, godly and righteously in this present evil World, that so at last, I may come to thine eternal Joy, through Jesus Christ our Lord. *Amen.*

A Almighty God our heavenly Father, who of thy great Mercy hath promised *Forgiveness, of Sins* to all them that with hearty Repentance, and true Faith turn unto thee, have mercy upon me; Pardon and deliver me from all my Sins; confirm and strengthen me in all Goodness; and bring me to everlasting Life, through Jesus Christ our Lord. *Amen.*

A Almighty and everliving God, who hast commanded me to pray for *all Men*; I humbly beseech thee, most mercifully receive these my Prayers which I offer unto thy Divine Majesty; beseeching thee to inspire continually the *Universal Church*, and especially that part of it

things, Un- live pre- may Jesus
Fa- rcy all and rcy om ne er- ur
in these Kingdoms, with the Spirit of Truth, Unity and Concord: Bless her who is supream Governour over it, our most gracious Sovereign Lady Queen ANNE; Treasure up in her all thy hidden Blessings, make and keep her a devoted Servant unto thee, a constant Patron of thy Church and Truth; that she may live long, and be full of honourable Success all her days. Bless her in her Person, in her Actions, in the whole Royal Family, in her Servants, in her People; and this Life ended, crown her with *everlasting Glory*. Under her bless the whole State Ecclesiastical and Civil; that Righteousness and Peace may kiss each other, and we may serve and honour thee for ever. *Amen.*

O Lord, bless all the afflicted Members of the Body of thy Son, where-soever, howsoever distressed: Send them constant Patience, and speedy deliverance, as seems best to thee, and is best for them: And do unto them according to all those Mercies, which I would, or should desire thou

thou shouldest shew to my own Soul ; if at any time thou shalt be pleased to make my Estate as theirs is at this present ; and then, O Lord, be merciful ! *Amen.*

GRacious God, bless all the places to which thou hast made me have any near Reference, every Soul contained in them : All my Friends, Kindred, and Acquaintants ; any to whom thou hast made me any way obliged, especially my *Father, Mother, &c.* Lord, I beseech thee, forgive me and them all our Sins, and continue us thy Servants both in Life and Death ; making us doubly dear unto each other, both in the flesh and in the Lord. *Amen.*

ALmighty God, Father of all Mercies, I thine unworthy Servant, do give thee most humble and hearty thanks for all thy Goodness, and loving Kindness bestowed on me : Above all, for the *Redemption* of the World by our **LORD JESUS CHRIST** ; in Him, for the means of Grace, and for the hope of Glory ; for
all

all the Blessings of this Life, for thy creating, and for thy Protection of me all my days: and particularly that this day past thou hast preserved me in my Health, and *assisted me in my Devotion* *. Give me, I beseech thee, a due Sense of these thy Mercies; and Grace and Power to express it by an Obedience to all thy Commandments. Go on to preserve, and take me into thy Protection this night: Lighten my Darkness, O Lord, and by thy great Mercy defend me from all Perils and Dangers of this night, for the Love of thy only Son Jesus Christ our Lord. *Amen.*

* Or prospered
me in my Affairs.

THE Lord fulfil all the Desires and Petitions of thy Servant, as may be most expedient for me: The Lord bless me, and keep me! The Lord lift up the Light of his Countenance upon me, and give me Peace, both now and for evermore. *Amen.*

Shorter

*Shorter Prayers for Servants, or any others
who may be engaged in necessary Affairs.*

For the Morning.

PRaised be the Lord, from the rising
of the Sun unto the going down of
the same.

Thou art my God, and I will thank
thee ; Thou art my God, and I will praise
thee, who hast lightened mine Eyes, that I
sleep not in death ; hast delivered me from
the Terrors of the Night, and from the
Evil that walketh in Darknes ; who re-
newest thy Mercies to me every morning,
and hast given me one day more to serve
thee, and call upon thy Name. I laid me
down and slept, and rose up again ; for
thou Lord only makest me to dwell in
Safety ; to thee therefore Father, Son,
and Holy Ghost, the Blessed, Glorious
and Undivided Trinity, be Honour and
Glory, this day, and for evermore. *A-*
men.

I will arise and go to my Father, and will say unto him,

FAther, I have sinned against Heaven, and before thee, and am no more worthy to be called thy Son ; but turn thee unto me, and have Mercy upon me. Remember not mine Iniquities, nor the Iniquities of my Fore-fathers, neither take thou Vengeance of my Sins. Have Regard to thy Son Jesus Christ, who had no Regard to his own Life, but laid it down on the Cross for me: and in him, and for his sake be reconciled unto me. *Amen.*

Enter not into Judgment with thy Servant, O Lord ; for if thou shouldest be extream, to mark what I have done amiss, what would become of me? For so many millions of Sins that I have committed, I cannot answer thee one of a thousand. But, O thou who hast revealed it to me, as a faithful Saying, that JESUS CHRIST came into the World to save Sinners: Save me, O save me! who am the chiefest of them ;

them; wash away all my Sins in his Blood, bury them in his Grave, that they may never rise up in the World to shame me, or in the World to come to condemn me. *Amen.*

Thou hast been my Succour, leave me not, neither forsake me, *O God of my Salvation*; but go on to create in me a clean Heart, a new and contrite Heart, and to renew a right Spirit within me. Give me thy *Holy Spirit* to think, and do always such things as be rightful, that I who cannot do any thing that is good without thee, may by thee be enabled to live according to thy Will, through JESUS CHRIST our Lord. *Amen.*

O God, the Creator and Preserver of all Mankind; I humbly beseech thee for all sorts and conditions of Men; especially for thy Holy Catholick Church; for that part of it in these Kingdoms; for Her who is the Supream Governour thereof, our dread Sovereign Lady *ANNE*, and all the Royal Family; for the whole State Ecclesiastical and Civil; for all those who are any way afflicted or distressed in
Mind,

his Mind, Body, or Estate; for all my Relations, Friends and Benefactors; particularly, &c. Endow them all with heavenly Gifts, answerable to their respective Places and Callings; guide them with thy Counsel here, and hereafter bring them unto glory through JESUS CHRIST our Lord. *Amen.*

Defend me, O God, under thy wings, and keep me safe this day under thy Feathers. Give thine Angels charge over me, to keep me in all my ways. Set a Watch this day before my Mouth, and keep the door of my Lips. Turn away mine Eyes that they behold not Vanity; and let not mine Heart be inclined to any evil thing. Order my steps in thy Word, that no Wickedness may have dominion over me. Prosper thou the Work of my Hands unto me; O prosper thou my handy work; and let thy merciful Kindness be this day upon me, like as I do put my Trust in thee, through the Merits of thine only Son, Jesus Christ our Lord. *Amen.*

*Our Father which art, &c.
For thine is the Kingdom, &c.*

The Blessing of God Almighty, Father, Son, and holy Ghost be with me, and all related to me, this day, and for evermore. *Amen.*

A short Prayer for the Evening.

O Praise the Lord, all ye his Servants, ye that by night stand in the house of the Lord, with these, O Lord, do I now lift up my Hands to thy Sanctuary, and will praise thy Name for all thy Mercies *Spiritual and Temporal*, bestowed on me in *Jesus Christ*, for this days Life and Protection, for with-holding those several Judgments which my Sins deserve, for loading me with a multitude of Blessings, which by reason of my manifold Sins I have not deserved. Forgive, O Lord, forgive them all, and increase thy Grace upon me evermore; let them not hinder thy Graces hereafter from descending down upon me, nor my Prayers at this or any other time, from ascending up unto thee, as an acceptable Sacrifice, through *Jesus*

Jesus Christ our Lord. *Amen.*

Have Mercy upon me, O God, after thy great Goodness, and according to the multitude of thy Mercies do away mine Offences: Wash me thoroughly from my Wickedness, and cleanse me from my Sin: For I acknowledg my Fault, and my Sin is ever before me. O thou who hast sent thy Son into the world not to call the Righteous, but Sinners to Repentance, have Mercy upon me, and grant me true Repentance unto Life, never to be repented of, and which may bring me to thine eternal Joy through *Jesus Christ* our Lord. *Amen.*

Keep me, O Lord, *thy poor humble Servant* with thy perpetual Mercy: And because the frailty of Man without thee cannot but fall, preserve me ever by thy help from all things hurtful, and lead me to all things profitable to my Salvation, through *Jesus Christ* our Lord. *Amen.*

O God, who wouldest have all to be saved, and come to the knowledg of the Truth, have Mercy upon all Men. Bless every Member of the Universal Church,
G 2 especia-

especially that part of it in this Land of my Nativity, and herein the Queen's Majesty, and the whole Royal Family; all that are in Authority under her, all the Ministers of thy holy Word and Sacraments, particularly him to whose oversight thou hast committed me. Give I pray thee, unto them all according to thy good Pleasure, the Blessings both of this Life, and that which is to come. Forget not peculiarly, to shew Mercy to the Relations, Friends, Helpers, and Well-wishers of thy Servant. Let thine Eye of Mercy be ever open upon all thy wanting and suffering Servants; support them under, and graciously deliver them out of all their Distresses, even for *Jesus Christ* his sake. *Amen.*

Thy Servant will speak yet once more, and beseech thee, O Lord, who hast made the Night for Man to rest in, as well as the day to labour; that *this Night* I may so take my bodily Rest, that my Soul may continually watch for my deliverance out of this mortal Life; and that my Sleep be
not

not excessive according to the insatiate desires of the Flesh, but sufficient to relieve and maintain Nature. Let me remember thy Name in *the Night season*, and commune with mine own Heart, and search out my Spirits, and compose them in thee, that I may rise to serve thee in all sober and godly Conversation, through the Aid and Assistance of *Jesus Christ*, our only Lord and Saviour. *Amen.*

Our Father which art, &c.

For thine is the Kingdom, &c.

The Blessing of God Almighty, Father, Son, and Holy Ghost, be with me, and rest upon me, and all related to me, this night, and for evermore. *Amen.*

Directions how to pass our days well and acceptably unto God.

SAint *Basil* exhorts to this purpose; before we do any thing else, be we careful to consecrate the first Fruits of the
A 3 day,

day, and the very beginning of our holy Thoughts unto the Service of God. Accordingly let the *first thing* which you do, and the *first Word* which you speak, *every day*, tend to this great and important end, the Worship and Acknowledgment of Almighty God; for, as good Men have observed upon our *first Thoughts* do commonly depend the *Thoughts and Actions* of the *whole day*; Therefore when you first awake, you must admire and thankfully resent his great Goodness for the *last night's sleep*, who might, and deservedly too, have suffered Death to seize on you *whilst sleeping*, and hurried you hence to render an account of what you have done in the Flesh; the Result of which will be, to think how, (on the supposal of this dreadful Surprize) you were prepared; and to conclude and pray, Happy is that Servant, whom his Lord, when he cometh, shall find *doing his Will*. Amen. *Be it to thy Servant according to thy Word.*

To

To which Meditation prefix this holy Ejaculation.

Lighten mine Eyes, O Lord, that I sleep not in Death.

And subjoyn this humble Resignation of your self into the *hands of God.*

Into thy Hands, O Lord, I commend this day my Soul and my Body; beseeching thee to be ever with me to direct, sanctifie, and govern me in the ways of thy Laws, and in the Works of thy Commandments, that through thy most mighty Protection, both here and ever, I may be preserved both in Body and Soul, to serve thee the only true God, through Jesus Christ our Lord. *Amen.*

2. *After which presently arise, and at your uprising, say.*

In the Name of God, the Father, the Son, and the Holy Ghost. *Amen.* Blessed

be God, the Holy and undivided Trinity, now and for ever. *Amen.*

I *arise* from my bed to glorifie him. He of his infinite Mercy, *blefs and keep me this day*, and for evermore. *Amen.*

I laid me down and slept, and rose up again, for the Lord sustained me.

3. At your Apparelling, say,

Put ye on the Lord Jesus Christ, and make no Provision for the Flesh, to fulfil the Lusts thereof. *Cloath me, O Lord, with the Ornaments of thy heavenly Grace, and cover me with the Robes of Righteousness, through Jesus Christ. Amen.*

4. At the washing of *your hands*, say,

O *wash* me throughly from my Wickedness, and cleanse me from my Sins: Make me a *clean Heart*, O God, and *renew* ~~a~~ *right Spirit* within me, a Spirit cleaving stedfast unto thee, through Jesus Christ. *Amen.*

5. After

5. After which, betake your self to your *Morning Prayers*, and after them walk a while in your *Chamber*, and be-think your self of the *business of the following day*, and of a prudent and conscientious Transaction of them: in the managing of which, consider what *Temptations* may probably assault you, and arm your self against them, what good your *occasions* may render you *capable of doing this day*, and resolve within your self to do it, and to do it as *effectually* as you can. And be willing to commit *all your Affairs to God*, to be guided by his *Counsel*, protected and provided for by his *Care*; according to the Advice of holy *David*, commit thy way unto the Lord, trust also in him, and he shall bring it to pass.

6. And forasmuch as the Apostle enjoins us to *pray always*, and again to *continue in Prayer*, accordingly should we follow his Injunction; not that we should do nothing else but pray, but have our Hearts so inflamed with the *Love of God*, as to be in a continual Disposition to pray, and

this not only at all *set* and *accustomed* times, but at *all times*, and upon *all occasions* and *Objects* presented, raise up your Souls upon the spiritual Wings of *Holy Meditations*, *Celestial Affections*, *Devout Colloquies*, and *Ejaculatory Converses* with Heaven. Thus *Enoch* walked with God, and was translated. Thus *David* professeth, I have set God always before me: and I will give thanks unto the Lord, his Praise shall ever be in my mouth. Correspondently whereunto you should furnish your self with *Meditations* fitted to *every days* ordinary Actions, and several Dispositions of your Soul.

When you go forth out of your *House* or *Chamber*, say,

The Lord preserve my *going out*, and my *coming in*, from this time forth for evermore. *Amen.*

When you stand upon some high place, say,

Thy Mercy, O Lord, reacheth unto the

the *Heavens*, and thy Faithfulness unto the *Clouds*.

When you behold *pleasant Fields*, and *variety of Objects*, say,

O Lord, how manifold are thy Works! in Wisdom hast thou made them all: *The Earth* is full of thy Riches.

When you see or hear any *thing extraordinary*, say,

Blessed be the Lord God, even the God of *Israel*, who only doth *wondrous things*! And blessed be the Name of his Majesty for ever: And all the Earth shall be filled with his Majesty. *Amen, Amen.*

When you hear the *Clock*, or see the *hour of the day*, say,

Our *days upon Earth*, are but as a *shadow*; and we bring our *years* to an end as a *tale that is told*: so teach me to number my *days*; that I may apply my *Heart* unto *Wisdom*. *Amen.* When

When you go to read *the Scriptures*,
say,

Open thou mine Eyes, O Lord, that I
may see the *wondrous things* of thy Law.
Amen.

When you are *sad*, or *discontented*,
say,

Why art thou so *full of Heaviness*, O
my Soul, and why art thou so *disquieted*
within me? *Put thy trust* in God, for I will
yet him thanks for the help of his Coun-
enance,

When you *hunger or thirst*, say,

Blessed are they that hunger and thirst
after Righteousness, for they shall be fil-
led.

When you are *asked an Alms*, being
able to give, say,

Blessed be God, who hath not only gi-
ven me *Ability*, but this opportunity also
to

to lay up in store for my self a *good Foundation* against the *time to come*, that I may lay hold on *eternal Life*.

When your hear others *evil spoken of*,
say,

Lord, who shall dwell in thy *Tabernacle*, or who shall rest upon thy *holy Hill*?
He that hath used no Deceit in his *Tongue*,
nor done Evil unto his Neighbour, and
hath not slandered his Neighbour.

Upon the Sense of your *Sins*, and the
mispending of *your time*, say,

Call to Remembrance, O Lord, thy
tender *Mercies*, and thy *loving Kindness*
which have been ever of old. O remem-
ber not the *Sins and Offences of my Youth*,
nor of my riper Years. O deal not with me
after *my Sins*, neither reward me after
mine Iniquities; but according to thy
Mercy think thou upon me, O Lord, for
thy *Goodness*. Amen.

7. Be careful to retire *some part of the*
day,

day, into your Closet, and devoutly read the Meditation for the day, at the *end of this Book*. And on every *Friday*, as also the *Wednesdays* and *Saturdays* in *Lent*, and *Ember-week*, the *Litany* and *Prayers* at the *thirteenth page* thereof.

8. Neglect not when occasion offers, to perform all spiritual Works of Mercy, viz. to instruct the Ignorant, to correct Offenders, to counsel the Doubtful, to suffer Injuries with Patience, to forgive Offences and Wrongs, to pray for others. As also all corporal Works of Mercy, viz. to feed the Hungry, and give Drink to the Thirsty, to cloath the Naked, to harbour the Stranger and Needy, to visit the Sick, to minister unto Prisoners and Captives, to bury the Dead.

9. Next to the holy Commandments and Injunctions of the Gospel, be diligent to observe the *Precepts of the Church*, viz,

1. " To observe the Festivals and Holidays.
2. " To keep the fasting days with Devotion and Abstinence.
3. " To

3. " To observe the Ecclesiastical Customs and Ceremonies established, and that without Froward- and Contradiction.
4. " To repair every day Morning and Evening (unless there be a just and unfeigned cause to the contrary) unto some Church or Chappel for publick Prayers, unto which God hath in a more peculiar manner annexed his Blessing, that where two or three are gathered together in his Name, he will be in the midst of them.
5. " To receive the blessed Sacrament of the Body and Blood of Christ with fervent Devotion, and three times a year at least, whereof *Easter* to be always one. And for the better Preparation thereunto, as occasion is, to disburden your Conscience of those Sins that may grieve you, or Scruples that may trouble you, to a learned and discreet Priest, and from him

“ to receive Advice, and the Benefit of Absolution.

10. Possess your Soul with the *fear of God*, the Judge of all the Earth, who is about your Path, and about your Bed, and spieeth out all your ways; and dare you sin in his Presence? Dare you so highly affront him to his Face, *before whom all things are naked and open?*

11. Before you betake your self to your *Evening Prayers*, think upon all the *day past*, how you have spent it; that is, what good or evil Actions you have done, and what bad Inclinations you have resisted or amended, asking God pardon for all the Offences of it.

12. As you *undress your self*, consider, That the time is coming, when you shall put off *this body of Flesh*, as you do now the Garments which cover its Nakedness; and that you may do this in *Peace*, and to your *future Happiness*, your Soul must now be stript, and put off concerning the former
Conver-

Bene- Conversation the old Man, which is corrupt
according to the deceitful Lusts, and put on
that new Man; which after God is created
in Righteousness and true Holiness.

13. As you enter into your Bed, say,

In the Name of our Lord Jesus Christ,
who was crucified upon his Cross, and laid
into his Grave for me, I lay me down to
Rest; He bleſs me, and keep me, He
ſave me, and raiſe me up again; and
bring me at laſt unto Life eternal. *A-*
men.

14. As you betake your ſelf to ſleep, ſay,

I will lay me down in *Peace*, and take
my Rest, for it is thou, Lord, only that
makeſt me dwell in *Safety*. *Amen.* Have
Mercy upon me, O Lord, *now* and at the
hour of Death. *Amen.* Preſerve me
while I am *waking*; defend me while I am
ſleeping, that my Soul may continually
watch for thee, and both Body and Soul
may reſt in *thy Peace* for ever. *Amen.*

Should

Should you in the *night time* lie awake,
say,

O Lord, thou hast proved and visited
my Heart in the *night season*, thou hast tri-
ed me: O blessed Father, purge me,
that thou mayst find no Wickedness in
me, through Jesus Christ our Lord. *A-*
men.

Lord, give me Grace to make haste,
and not to prolong the time, to keep thy
Commandments; that I may call my own
ways to Remembrance, and turn my feet
to thy Testimonies. And then, at *mid-*
night will I give thee thanks, because of
thy righteous Judgments, O Lord my
Strength and Redeemer. *Amen.*

16. In case you are not presently *dispo-*
sed to sleep, devoutly repeat the LI *Psalms*,
which to that Purpose you must be care-
ful to get by Heart.

Have Mercy upon me, O God, &c.
Glory be to the Father, &c.

Brief

*Brief Heads of Self-Examination, by way
of Articles upon the Ten Commandments,
to be enquired into by every Christian, e-
specially on the Friday, or immediately
preceeding the Holy Sacrament.*

ENter into, and commune with thine
own self, *O my Soul!* Judg thy self
that thou be not judged; Condemn thy
self, that thou be not condemned with
the World; Answer for thy self before
God, and in the Presence of his Holy
Angels, *Guilty or not Guilty of Transgres-*
sing.

*The first Commandment in all, or any of these
Instances.*

- H**ast thou at any time doubted whe-
ther there be a God, or of his
Providence

- Providence or his Power, of his Mercy or Justice, or any other of his Attributes?*
2. Hast thou neglected to *know* God, or to *glorifie* him as God, or to *love, fear, believe in,* or to *give thanks* unto him accordingly?
 3. Hast thou *feared* Men above him, by committing Sin to shun some outward Disgraces or Sufferings from them?
 4. Hast thou set up in thy Thoughts any thing in *Competition* with God, as *Pride,* or some other *darling Lust,* or *Interest*?
 5. Hast thou in thy prosperous condition been *puffed up,* and *forgotten* God, and in Dangers and Distresses *not trusted* in him, but in some other worldly Helps, or unlawful Means to bring thy self out of them?
 6. Hast thou *heeded* too much superstitious Observations, or Dreams, or Fortune-tellers, or vain Predictions of Men, so as to *give Credit* to them; or Lots, so as to *attempt the Knowledge* of some secret thing by them.

Guilty

Guilty or not Guilty of Transgressing the Second Commandment, in all or any of these Instances.

1. **H**Ast thou framed in thy Mind any bodily Shape or Form of God, or worshipped him by an Image, or given that Honour to Saint or Angel which is due only to himself?
2. Hast thou behaved thy self irreverently in any of thy Addresses to him, not kneeled or religiously bowed thy self before him?
3. Hast thou at any time wilfully omitted Prayers, publick or private, and been glad of a Pretence to do so?
4. Hast thou contented thy self with Coldness and Deadness, or wandring Thoughts in thy Prayers; or drawn near unto God with thy Lips, when thy Heart hath been far from him?
5. Hast thou been more careful of the outward ceremonial part of thy Worship, than of the inward and spiritual.

Guilty

Guilty or not Guilty of Transgressing the Third Commandment, in all or any of these Instances.

1. **H**ast thou in thine ordinary Conversation used any rash Oath, or eager Execration?
2. Hast thou perjured thy self, or sworn any thing false, knowing it to be so?
3. Hast thou designed to abuse thy Neighbour by failing in any Engagement, which hath been in thy Power to perform?
4. Hast thou seriously considered and bewailed thy frequent and dangerous Violations of that great and solemn Vow which thou madest to God in thy Baptism? As also the breach of any other religious and deliberate Vows and Promises made in times of Adversity, or, at any other time unto him?
5. Hast thou unduly regarded, or irreverently treated any of those Persons or things whereon the Name of God

is

is called, as his Priests, Word, Sanctuary, &c.

6. Hast thou by a vile and wicked Life given occasion unto others to blaspheme the Holy Name of God?

Con-
ath, Guilty or not Guilty of Transgressing the
Fourth Commandment, in all or any of
these Instances.

1. **H**Ast thou profaned the Lord's Day, or any other Feasts or Fasts of the Church by attending too much on thine own Business, and not devoting them chiefly to holy Exercises, whereunto they were assigned.
2. Hast thou been satisfied in them with the bare use of means, without any Regard to Practice?
3. Hast thou neglected to shew forth in them thy Charity to those who stand in need of it?
4. Hast thou, in them, neglected Prayer, or reading the holy Scriptures, or receiving the Communion?
5. Hast thou profaned the Lord's Supper?

per : either, first, by coming to it ignorantly, or without Examination, or without Contrition, and Purposes of new Life : Or secondly, By behaving thy self irreverently at it without Devotions and spiritual Affection : Or thirdly, by neglecting to keep the Promises made at it ?

6. Hast thou been *careless* of assigning some set and solemn times to humble thy self for thy Sins, or of calling thy self to a daily account for them, or of acting Revenge upon thy self by Fasting, and other Acts of Mortification ?

Guilty or not Guilty of Transgressing the Fifth Commandment, in all or any of these Instances.

1. **H**ast thou *refused* obedience to the lawful commands of the Queen, or any in Authority under her ; or sowed *Sedition* among her People ?
2. Hast thou *grudged* her just Tributes, or *judged* and *spoken Evil* of her ?
3. Hast thou *grieved* or *despised* thy spiritual

ritual Fathers, such as *labour* for thy Soul?

4. Hast thou sought to *with-hold* from them their just Maintenance?

5. Hast thou *forsaken* thy lawful Minister to *follow* factious Teachers and Conventicles?

6. Hath thy Behaviour been *stubborn* and *irreverent* unto, and hast thou *despised* thy natural Parents; either first, By *Publishing* their Infirmities? or secondly, By *Contemning* their Counsels; or thirdly, By *Murmuring* at their Government?

7. Hast thou *neglected*, on any occasion, to *assist* them to thy Power, or to *offer up daily Prayers* to God for them?

Art thou a Parent, and

8. Hast thou been careless of instructing thy Children betimes in the *ways of God*; but for want of *timely Correction*, suffered them to run into *Customs of Sin*; or encouraged them thereto by thine own *evil Example*?

9. Hast thou discouraged them by *harsh and cruel usage*, and not provided

ded for their Subsistence according to thine Ability?

Art thou a Brother or Sister, and
 10. Dost thou want Affection toward thy Brethren or Sisters, but sometimes harbourest *Envyings* and *Heart-burnings* in thy Heart towards them?

Art thou an Husband, and
 11. Hath thy Behaviour been *unkind*, *froward*, and *unquiet* towards thy Wife, not bearing with her *Infirmities*?

12. Hast thou neglected to pray for her, and not endeavoured to advance her good, spiritual and temporal.

Art thou a Wife, and
 13. Hast thou striven for *Rule* and *Dominion* over thy Husband, and resisted his *lawful Commands*, and not prayed for him?

Art thou a Master, and
 14. Hast thou used thy Servants *cruelly* and *tyrannically*?

15. Hast thou been *careless* of their Souls; either first, By not providing them *means of Instruction*: Or secondly,

Secondly, Not admonishing them when they commit Sin : Or thirdly, not allowing them time for Prayer, and the Worship of God ?

Art thou a Servant, and

16. Hast thou disobeyed the lawful Commands of thy Master ?

17. Hast thou murmured at his Rebukes ?

18. Hast thou purloined his Goods, or carelessly wasted them ?

Guilty or not Guilty of Transgressing the Sixth Commandment, in all or any of these Instances ?

1. **H**ast thou hastened thine end by wilful Intemperance and disorderly Living.

2. Dost thou want Bowels of Mercy and Compassion to thy poor Neighbours, and not minister unto their Necessities ?

3. Art thou guilty of Murder, Secret, or open ?

4. Hast thou wished in thy Heart the

Death of any of thy Neighbours or Relations?

5. Hast thou *maligned*, and been *causelessly* or *sinfully* angry with thy Neighbour? Hast thou born any *Hatred* or *Malice*, or *Revenge* in thy Heart towards him?

6. Hast thou not rejoiced in his good *Success*, but envied his *Well-fare*?

7. Hast thou drawn any to *Drunkenness*, or other *Vices* which may bring *Diseases* or *Death*?

8. Hast thou *maimed* or *hurt* the Body of thy Neighbour?

9. Hast thou stirred Men up to *fighting* or *quarrelling*?

10. Hast thou *rashly* wished *thine* own *Death*?

Guilty or not Guilty of Transgressing the Seventh Commandment, in all or any of these Instances.

1. **H**ast thou *actually* *desired* thy Neighbour's *wife*, or thy Body by *Adultery*, *Fornication*, *Lasciviousness*

civiousness, Uncleanness either of Hand or Eye?

2. Hast thou *deliberately pleased* thy self with; and *consented* unto any foul lascivious Thoughts, impure Fancies and Desires?

3. Hast thou *delighted thy self* in wanton Company, in unchaste Songs, or filthy obscene Talking?

4. Hast thou not *laboured to subdue* thy Body by Fasting or other Severities, but rather *pampered* it to heighten thy Lust?

5. Hast thou *patch'd or painted* thy Face, or otherwise *adorned* thy Body with a Design of rendring others *lustful or carnally desirous* of thee?

6. Hast thou been proud of thy Apparel, or bestowed too much *time, care, or cost* about it?

Guilty or not Guilty of Transgressing the Eighth Commandment, in all or any of these Instances?

1. **H**ast thou been content with that State, whatever it be where-
in thou art?

H 3

2. Hast

2. Hast thou been *idle or negligent* in *that* condition of Life whereunto thou ~~thou~~ art called?
3. Hast thou been *too vehement* upon, or *spent too much time* at lawful Recreations; or been at any time *drawn* by them to Anger or Covetousness?
4. Hast thou not been *so exact* in *paying and dealing* with those thou hast traded with as thou wert able, and in Justice wert bound?
5. Hast thou *in buying or selling* used Arts of Deceit, or *exacted* on the Necessities of thy Neighbour?
6. Hast thou by *Violence or Colour of Law*, or *Cozenage*, or any other *undue means*, taken from thy Neighbour, what belonged not to thee?
7. Hast thou kept back the Wages of the Servant and Hireling.

Guilty or not Guilty of Transgressing the Ninth Commandment, in all or any of these Instances?

1. **H**ast thou been forward to believe *ill Reports* of thy Neighbours?
2. Hast

2. Hast thou *causelessly* suspected, or *rashly* judged of him?
3. Hast thou invented, or said any thing false that hath been injurious to his good Name and Reputation?
4. Hast thou falsely denied the Truth, or refused at any time to bear Witness unto it, either out of *Fear* or *Flattery*?
5. Hast thou *willingly* given Ear to Slanderers, Busy-bodies, and such as go about with Lies?
6. Hast thou pleased thy self in *raising* and *whispering* vain and fruitless Lies?
7. Hast thou *railed* at thy Neighbour for any Injuries done to thee?
8. Hast thou *despised* or *scoffed* and *derided* him for his Infirmities?
9. Hast thou dissembled, or dealt *doublely* with him?
10. Hast thou been desirous to *seem*, and to be *reputed* greater or better than thou art?

Guilty or not Guilty of Transgressing the Tenth Commandment, in all or any of these Instances.

1. **H**ast thou at any time *inordinate-*
ly lusted after what belongs to others?
2. Hast thou entertained *secret Covetings* in thy Thoughts, with any Delight or Complacency in them?
3. Hast thou harboured a Thought or Desire to hurt or *any way* prejudice thy Neighbour?

Lord have Mercy upon us, and incline our Hearts to keep his Laws.

Collects

Collects for particular Graces.

For Faith.

Almighty God, whom without *Faith* it is impossible to please; grant me, I beseech thee, so perfectly to *believe* in thy Son Jesus Christ, that my *Faith* in thy Sight may never be reprov'd; and being called to the Knowledge of thy Grace, and *Faith* in thee, and admitted into the *Fellowship of Christ's Religion*, I may eschew those things which are contrary to my Profession, and follow all such things as are agreeable to the same, through Jesus Christ our Lord. *Amen.*

For Hope.

Bless'd Lord, who hast caused all *holy Scriptures* to be written for our Learning; grant that I may in such wise *hear* them, *read, mark, learn,* and inwardly *digest* them, that by *patience* and *comfort* of thy *holy Word*, I may embrace, and ever hold fast

the *blessed Hope* of everlasting Life, which thou hast given us in our Saviour Jesus Christ; and that I may therefore purifie my self, even as he is pure, that when he shall appear again with Power and great Glory, I may be made like unto him in his eternal and glorious Kingdom, where with thee, O Father, and thee, O Holy Ghost, he liveth and reigneth ever one God, World without end. *Amen.*

For the Love of God.

O God, who hast prepared for them that *love thee*, such good things as pass Man's Understanding, pour into my Heart such *Love toward thee*, that I *loving thee*, above all things, may obtain thy Promises which exceed all that I can desire, through Jesus Christ our Lord. *Amen.*

For Charity.

O Lord, who hast taught us, that all our Doings *without Charity* are nothing worth; send thy *Holy Ghost*, and pour into my Heart that most excellent *Gift of Charity*, the very Bond of Peace, and

and of all Vertues, without which who-
soever liveth, is counted dead before
thee. Grant this for thine only Son Je-
sus Christ's sake. *Amen.*

For Chastity.

O Holy Jesus, who wert conceived in
the Womb of a *Virgin*, I beseech
thee, grant thy Servant Grace to with-
stand all Temptations of the *Flesh*, and
with a pure and clean Heart to follow
thee the only God, even for thine own
Mercies and Merits sake. *Amen.*

For Contrition.

A Lmighty and everlasting God, who
hatest nothing that thou hast made,
and dost forgive the Sins of all them that
are penitent: Create and make in me a
new and contrite Heart, that I worthily la-
menting my Sins, and acknowledging my
Wretchedness, may obtain of thee, the
God of all Mercy, perfect *Remission* and
Forgiveness, through Jesus Christ our
Lord. *Amen.*

For Devotion.

Most great God, who hast not only *permitted* but *invited* us *needy* and *miserable* Creatures to present our *Petitions* to thee: O let me set a true *Value* on this most *invaluable Privilege*. I come unto thee, O Lord, as a *Worm* to my *Sovereign Maker*; I come as an *Heinous Offender* to a *just* and *severe Judg*; let, I pray thee, mine addresses to thine House be with a *Reverence* some way answerable to thine *awful Majesty*; give me an hearty *desire* to pray, and such a *pure Intention* and *Fixedness of mind* upon thee, that I may no more incur the *Guilt* of drawing near to thee with my *Lips*, when my *Heart* is far from thee: But may so ask, that I may receive; seek, that I may find; knock, that it may be opened unto me; that so from praying to thee here, I may be translated to the praising thee eternally in thy *Glory*, through *Jesus Christ* our Lord. *Amen.*

For

For the Fear of God.

Most great God, who only art high,
and to be feared, O put thy *Fear*
into my Heart, that I may not sin against
thee; let me never so misplace my *Fear*,
as to be *afraid* of Man, whose Breath is in
his Nostrils: But fill me, O Lord, with
the Spirit of thy Holy *Fear*, which is the
beginning of Wisdom, and let it preserve
me in a perpetual Conformity to thy will
in all things, through Jesus Christ our
Lord. *Amen.*

For Contentedness.

O God, Heavenly Father, who by thy
Son Jesus Christ, hast promised to
all them that seek thy Kingdom, and the
Righteousness thereof, all things necessa-
ry to their bodily Sustenance; keep me, I
beseech thee, under the Protection of thy
good providence, and learn me, in what-
soever State I am, therewith to be *con-*
tent: Grant me Grace to forsake all *co-*
vetous Desires, and inordinate *Love of Ri-*
ches, and so to pass through things *tempo-*
rat,

ral, that I finally loose not the things eternal; but that among all the sundry and manifold Changes of the world, my heart may surely there be fixed, where true Joys are to be found, through Jesus Christ our Lord. *Amen.*

For Diligence.

O Lord, who in thy holy Gospel didst sentence the *slothful* and *unprofitable* *Servant* to be cast into outer Darknes; grant that I may not stand here, *all the day idle*, but may give all *Diligence* to make my *Calling* and *Election* sure; make me in some measure *useful* to my self and others, both as to *this*, and a *better Life*. O let me never lay mine Eyes to Sleep, nor mine Eye-lids to slumber, but learn and labour to get *my own living*, and to do my Duty in that State of Life, whereto it hath pleased thee to call me, through Jesus Christ our Lord. *Amen.*

For Humility.

Almighty God, who resisteth the *proud*, and givest Grace to the *humble*;

Humble; mercifully grant that I may follow the Example of the great *Humility* of thy blessed Son, who did *humble* himself to take upon him our flesh, and to suffer Death upon the Cross; Convince me that I am less than the least of all thy Mercies; that as I am vile in my self, so let me be vile in mine own eyes, and may therefore esteem every Man better than my self. Grant this, O Father, for thy Son Jesus Christ's sake. *Amen.*

For Justice.

O Thou King of *Righteousness*, who lovest *Righteousness*, and art mighty to save; give me Grace to obtain this Love of thine by cleansing my Heart and Hands from all *Fraud and Injustice*; O grant that I may most strictly observe that sacred Rule of doing unto all Men, as I would they should do unto me; that I hurt no Body in Word or Deed, but be *true and just* in all my dealings; that so keeping *Innocency*, and taking heed to the thing that is *right*, I may have Peace at the last; even Peace with thee through Jesus Christ our Lord. *Amen.*

For

For Meekness.

ALmighty God, who hast given thine only Son to be unto us both a *Sacrifice* for Sin, and also an ensample of godly Life; give me Grace to learn of him who was *meek and lowly* of heart, to put on bowels of *Mercy, Meekness, and long suffering*; to be so far from offering the least Injury, that I may never *return the greatest*; And grant, I beseech thee, that the course of this World may be so peaceably ordered by thy Governance, that I may joyfully serve thee in all *godly Quietness*, through Jesus Christ our Lord. *Amen.*

For Sincerity.

OHoly Lord, who searchest the Heart, and triest the Reins, try me, I beseech thee, and seek the ground of my Heart; purge it from all *Hypocrisie*, and suffer not any accursed thing to lurk within me; give me *Truth* in the inward parts, to be *pure in heart*, that I may be qualified to see thee in thy Kingdom,

dom, through Jesus Christ our Lord.
Amen.

For Temperance.

GRACIOUS Lord, who refreshest us with thy good Creatures, and art the Author of all good things which we do enjoy ; give me Grace, I pray thee, to use them with *Thankfulness and Moderation* ; let me never be overcharged with *Surfeiting and Drunkenness*, nor my Table be ever made a Snare unto me ; but may so eat and drink, that my Flesh may be subdued to the Spirit, and that I may ever obey thy godly Motions in Righteousness and true Holiness, to thy Honour and Glory, through Jesus Christ our Lord. *Amen.*

For Thankfulness.

GRACIOUS God, who hast taught me, that it is a joyful and pleasant thing to be *thankful* ; suffer me not, I beseech thee, to lose my part in that Divine Pleasure, but make me truly and unfeignedly *thankful* unto thee for all thy Mercies : ~~Let~~ thy Mercies lead me to Repentance, and

and give me Grace to improve them all to the Advancement of thy Glory, and the furtherance of my Salvation, through Jesus Christ our Lord. *Amen.*

For Trust in God.

O God, who never failest to help and govern them whom thou dost bring up in thy stedfast Fear and Love; Grant, I pray thee, that I may lean only upon the *Hope* of thy heavenly Grace, and in all my Troubles put my *whole trust and confidence in thy Mercy*, casting all my *Care* upon thee, and being *careful for nothing*, but to keep thy Testimonies, and think upon thy Commandments to do them. Grant this, O Father, for Jesus Christ his sake. *Amen.*

For Perseverance.

O Lord, raise up, I pray thee, thy Power, and come among us, and with great Might succour me; that whereas through my Sins and Wickedness, I am fore let and hindered in running the Race that is set before me; thy bountiful

bountiful Grace and Mercy may help and strengthen me to hold out unto the end, that so I may be saved ; to be faithful unto Death, that I may receive a Crown of Life : nourish me, I pray thee, with all Goodness, and of thy great Mercy keep me in the same, through Jesus Christ our Lord. *Amen.*

A Meditation for every Day of the Week.

Mundays Meditation.

Of the End for which I was born.

MY God, who is not capable of any accession of Glory or Happiness by bringing me into this World, yet hath been pleased to bring me out of nothing, and give me a being, that so he might make me the object of his Love, and hath now placed me in a condition
far

far above all his other Creatures, except his Angels, and as all his other Creatures are subservient to my use, so hath he also ordained those heavenly pieces of this Creation to be ministring Spirits for my Protection and Advantage; and hath given me an Understanding, Will, and Memory; a Body vigorous and active, fit for employment of several kinds. But surely, as I did not make my self, nor give my self those Endowments; so am I not to think, that I am made for my self, or to serve my self alone; no, I am told by *Solomon*, that God made all things for himself, and if all things, then my self too, who enjoy no small share of his loving Kindness; and therefore now I am not free, and at my own Appointment and Disposition in the World, but am obliged to perform the things for which I was sent into this Habitation: And upon my most serious Recollection I am convinced, that for no other matter, or cause, or end I was born or placed here, but only to serve God in this Life, and by this Service to gain Heaven and Salvation

Salvation in the Life to come. *Moses* tells me, that we were created, that we should be an holy People to serve our God; and for this end we were redeemed, *Luke* 1. 74, 75. to serve God in Holiness and Righteousness all the days of our Life. Since then it is thus, that the end and final cause of my being in this World is to serve God, and thereby to work out my own Salvation, whatsoever thing I do, or bestow my time in, which is either contrary, or impertinent, or not profitable to this end, tho' it were to gain Kingdoms, it is but Vanity and lost labour, and such as will turn in time to Grief and Repentance, if I change not my courses; because it is not the matter for which I came into this World, nor for which I shall be demanded an account, except it be to receive Judgment and Punishment for the same. Again, seeing my only business and affair in this World is to serve my Maker, and save my own Soul, and that all other Creatures here are but to serve my use to that only end; I desire to be indifferent to all these Creatures,

tures, as to Riches or Poverty, to Health or Sicknes, to Honours or Contempt; and I will endeavour to desire so much or little of either of them as God sees best for me to the attainment of the said end, which is the serving of God, and the well of my own Soul. And now, O my Soul, I must take thee off from all vain and sinful Delights, and from all immoderate use of those that are most innocent; and fix my Endeavours, and all my Actions upon those things which may conduce to those ends, resolving to spend this day accordingly.

A short Ejaculation for this day.

Lord, since thou hast made me a reasonable Creature, let me not be more unreasonable than the Beasts, who do all according to the Rule thou hast set them: Grant, that I may do nothing this day, but what may advance thy Glory, and my own Happiness. Amen.

Tuesdays

Tuesdays Meditation.

Of God's Loving Kindness to Man.

When I consider the Parts of my Body, or the Faculties of my Soul, I am astonish'd at my own dull Heart, that I should so ungratefully spend my days without considering the manifold Mercies of my God. How many poor Creatures do I behold, whom Nature hath render'd ridiculous by some Deformities, in either misplacing, adding, or taking away some of their Members; or else by Palsies, breaking of Bones, or some other Diseases or sad Accidents have been made utterly useless when they were made: whilst my God hath sent me into the World compleatly built, and hath ever since preserved me thus without any of those Blemishes or sad Inconveniencies, which I see many that are better than my self labour under. And then, my Reason is perfect and clear without any Imperfection, serves me upon all occasions to contrive

contrive and manage all those Affairs I am engaged in: whereas many are so stupid and ignorant, so sottish and foolish, that they little differ from the very Beasts that tread upon the Grass, and cannot in any Services be useful either to themselves or others. But, besides all these and the other Advantages I enjoy in common with all Christians, as my being created in the likeness of nothing but himself, to no other end, but to be his honourable Servant in this World, and his Co-partner in kingly Glory for all Eternity in the world to come; besides the Redemption and Preservation which I am entitled to; Yet if I do not wretchedly oppose his various Contrivances for my eternal good, I have many Advantages in my Education, and in the daily passages of my Life, being assisted by good Books, frequent Instructions, constant Examples, and daily Devotions, which many good People have not the opportunity of. And now I am ashamed of my Ingratitude to so good, so great, so bountiful a Lord, and resolve

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with my self for the time to come to a-
mend my Life, and my former Behaviour
to him. And since I know there is nothing,
O Lord, which doth so much displease
thee or dry up the Fountain of thy Mer-
cy, or so binds thy Hands from doing
good, as doth Ingratitude in the receiv-
ing of thy Benefits, wherein I have hither-
to exceeded all others ; but I have done
it, O Lord, in mine own Ignorance, not
considering thine infinite Gifts bestowed
on me, or what account thou wilt demand
for the same. But now seeing thou hast
vouchsafed to make me worthy of this es-
pecial Grace also, whereby to see and
know mine own Error, I hope hereafter
by direction of the same Grace to shew
my self a better Child towards thee. O
my God, I am vanquished at length with
considering of Love ; and how can I have
the heart to offend thee hereafter, seeing
thou hast preserved me so many ways
with Benefits ? Can I have Hands to lift
up against thee, who hast given up thine
own Hands to be nailed upon the Cross
for me ? No, I trust not to return to such
I Iniquity

Iniquity for the time to come, to which, I beseech thee, for thy Mercy's sake, from thy holy Throne of Heaven, to say, Amen.

The Ejaculation for this day.

Lord, as thy Mercies do surround me, so grant that my Returns of Duty may abound; and let me this day manifest my Gratitude by doing something well-pleasing unto thee. Amen.

Wednesdays Meditation.

Of Sin.

WHEN I reflect upon the displeasure which God hath to Sin, to be so great, that he hates all those that work Iniquity, that both the wicked Man and his Wickedness are hateful in his sight, and finally, that the whole Life of sinners, their Thoughts, Words, yea, and their good Actions also are Abominations unto him, whilst they live in Sin; and that which is yet more, he cannot abide nor permit the Sinner to praise him, or to name his Testimonies with his Mouth, the Holy Ghost testifieth. When I con-

side

sider all this, I cannot but tremble with fear, lest I should be one of that number ; having *carelessly* and *vainly*, and in many things *sinfully* past away my days and years without so much as a serious enquiry into my own Life, or how I might give an account to my God : And when he hath called unto me, and invited me by any of his gracious Methods to good, I have rather yielded to the vain and sinful Complacencies of my tempting Companions, and have too often chosen to hearken to, and follow them in their alluring Customs, than to yield my self to his heavenly Will, and the Invitations of his holy Spirit : Nay, since I have more solemnly dedicated my self to his Service, and have had the Paths of Piety smoothed and made plain for me to walk in with Ease and Delight, and have had a Guide to instruct me in the ways of his Commandments : yet I still feel a coldness in my best Performances ; and my Heart is even ready to retreat from holy Duties, and willing again to withdraw me into the accustomary Paths of this foolish World ; and my treacherous

Soul is ready to argue on their side, to defend and presently to excuse its ways, by saying, Pride is a point of Gentry, and having a just esteem of my self; that Gluttony and pampering my flesh is a warrantable enjoyment of the Creatures; that Anger and Revenge are both effects of a noble Mind that must not tamely put up Affronts or Disrespects; that Lasciviousness is but a trick of Youth; that the immoderate and expensive Artifices of Cloathing, Washing, Patching, and Adorning, about which so much time is frequently spent, are but the innocent setting off that Beauty and comely Feature, which they say, was purposely bestowed by God, to be set out at best advantage for Admiration and delight. Thus I am ensnared by the bewitching Examples of others to betray my own Reason, so as to have too kind thoughts of all Vices and Fooleries of Mankind; I shall one day find that such pleasant devices and dreams will be turned into Tears, and such fond Conceits into doleful Lamentations: for I know God will not be jested with, and that

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that he is the same God still, and will ask as severe an account of me, as he hath done of others before: Therefore, my Soul, I will drive out of my Heart all vain and foolish Complacencies in any thing that may withdraw me from my Duty, or engage me into Sin; and I will by God's Assistance spend my remaining days so carefully, as not willingly to commit any thing I know to be a Sin, or do any Action that I think may offend my God.

The Ejaculation for this day.

O Lord, let me not this day add to that heap of Sins which I stand guilty of; but give me Grace to pass it innocently, that neither in Thought, Word, or Deed, any Offence may pollute my Soul. Amen.

Thursdays Meditation.

Of Death.

I Do now appear before my God a living Object of his Favour; but how soon the Scene may change, and I go hence, is not yet discovered to me; possibly this very day may be the last that I

shall ever count, and the same Earth, which I do now so negligently tread, may speedily receive me into her cold Embraces. Nor is the way by which I shall pass from hence less uncertain than the time; for I cannot recount how many ways I may fall into those hands of my eternal Judg, whereof *St. Paul* conceives great Horror in only thinking. One little Stone falling from the house top as I pass by, one slip of my Horse or fall of my Coach as I ride, one sudden mischance of a million that may befall me, is able to bereave me of this Life, and cast me into that everlastingness, out of which the whole World shall not be able to deliver me. And if I could triumph over all these sad Accidents, and had assurance that nothing of mishap should befall me to hurry me to my Grave; yet I have a War within me, a feed-plot of Corruption which will at length by degrees eat out my Juice and Marrow, and certainly return me to that Dust from whence I took my being; and all those Friends and Relations who profess so
much

much Kindness, and are my Companions in my merriment, will endeavour to avoid the sight of me and leave me a pale Carcass to be sacrificed to the gaping Grave, and think no more of me than I am used to do of those I now survive. Possibly some one or other dear Friend may passionately follow my Hearse and mix some days and nights with Tears for my departure. But, alas, when the black Attire of Funeral is over, and all my Acquaintants dismissed to their several Houses, I am lodged in a Condition incapable of alteration; My Body falls to dust, and is mingled with its own Ruins: But my Soul, that appears before the Tribunal of that strict enquiry that leaves no Circumstance unsearched, but takes cognizance of all the passages of my Life; and accordingly I am dismissed into an endless Condition of Happiness or Woe; and this Condition I must undoubtedly one time or other arrive at, through the gate of Death. O then let me daily, nay, hourly provide for that Passage! I will by frequent Meditation of my Death, suppress

all growth of Sin in me; I will think of the cold Sweat of Death, and by that, allay all heat of wanton Thoughts: I will think how meanly clad I shall enter into my Coffin, only a shroud and other dresses fitted to cover me from undecency; and this Thought shall keep me from complacency in rich Attire and haughty deckings: I will think how pale and wan, and lothsom I shall then appear, and by that Thought I will subdue and mortifie those pleasing Conceits I am too apt to entertain; I will contrive the spending of my days so as every day may something advance my preparation for a blessed sentence

The Ejaculation for this day.

O Lord, deliver me from the Corruption of my own Life, that so when I die; my corruptible may put on Incorruption; and let me this day do something that may add to my comfortable departure out of this Life. Amen.

Fridays Meditation.

Of Judgment.

AS soon as I have bid adieu to the World, and am arrested by the cold

cold hands of Death, I must appear before my Judge, stript of all my Ornaments, and forsaken of all my Companions ; the Book which shall be opened, and whereby my cause must be discerned, shall be the evidence of my Deeds and Actions in this Life, recorded in the testimony of my own Conscience, and in the infallible memory of God's unsearchable Wisdom ; so that this account will be most exact and exquisite, not omitting the least Error or Offence that I have committed or passed in all my Life ; and then my particular Reward or Punishment will be assigned to my own self, conformable to the quality of this account, wherein Sentence of Life or Death, is to be pronounced accordingly, and that without ever being recalled. But besides this, there will be another day of my appearance too, when all the World shall appear at the same general Sessions, and then my Body shall rise with me again to partake with me either in Joy or Torment according as it hath been instrumental in my good or bad Actions, and as it hath acted in those Ver-

tues or Vices which my Soul did exercise And there my Saviour Christ who was contemptible in this World, and dishonoured publickly, and put to Confusion with the rest of his Saints and Martyrs in the sight of all Men, shall then shew his Power and Majesty in the sight of all his Creatures together, but especially of all his wicked Enemies, who after that day are never to see or behold him more; and then too my own Happiness or Misery will have its full completion, and receive all the Degrees which it is capable of. For Men, when they die, do not commonly carry with them all that good or evil which they have wrought, having left behind them divers things which may increase their good or ill deserving after their Death; as their Examples, their Instructions given to others, their temporal Faculties or Abilities, Books, Preachings, Exhortations, and other like means, whereby good or evil may proceed after their departure, the Reward whereof cannot so continently be assigned to them for that their Joy and Punishment in the places
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where they are, may daily be augmented by the hurt or good that may be wrought in this World by the means they left behind them; So 'tis believed by divers, that the Glory of St. *Paul* is increased daily in Heaven, and shall be unto the World's end, by reason of them who do daily profit by his Writings, and raise examples of good Life upon the Earth: As also on the contrary part, that the Torments of Hereticks are continually augmented by the number of them who are from time to time corrupted by their seditious and pestilent Writings; the like they hold of dissolute Poets, and other loose Writers, who have left behind them lascivious, wanton and carnal Poems; as also of negligent Parents, Masters, or Teachers, who by their carelessness and evil Examples, give occasion to corrupt their Children, Scholars, or Servants committed to their Governments and Instructions. But after this general day of Judgment once past, there shall be no more place of pretending upon Earth to either good or evil; for that the World there

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and then shall have an end, and a final Sentence be pronounced of whatsoever hath passed from the first foundation and establishment thereof. And is it thus, O my Soul, that I must one day undergo so strict a Scrutiny, that I cannot avoid so final a Condition? I will surely then, clearing and casting up all Accounts and Reckonings of my Traffick and Stewardship in this worldly Pilgrimage, according to the advice of my God, have a careful and continual Remembrance and Consideration of it, as of the greatest and most important Business that ever I shall deal in; and I will look upon it as the most forcible means to restrain me from Sin that possible may be amongst frail Men in this Life. Good God, what a wonderful Meeting will this be! How joyful to the Good, and how lamentably doleful and terrible to the Wicked! The Godly and Righteous being to receive their Bodies wherein they lived into the league and fellowship of their eternal Bless, shall embrace them with all possible Sweetness and Delight: but the miserable damned Spirits

Spirits beholding the Carcases which were the Instruments and Occasions of their Sin; and, when well knowing that their unspeakable Torments shall be increased by their mutual Conjunctions and Association, shall abhor and detest the same, and curse the day that ever they were acquainted. And can I now think fit any longer to delay my my Preparation for this terrible day? I will now enter into a true judgment of my self, my Life, State, and Actions, that so I may prevent the Danger of that day: I will prepare my self, and accept of that good Counsel of my Jesus, and watch for that day, that so I may be able to stand in that fiery Trial: And my blessed Lord give me his Grace to look better about me than ever yet I have done. *Amen.*

The *Ejaculation* for this day.

My God, the Apostle tells me, that if I will judge my self, I shall not be judged of the Lord. O assist me with thy holy Spirit, to ransack my polluted Heart, that I may this day find out and forsake whatsoever thou abhorrest, that so I may meet my Saviour at
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that great day of Judgment, with a pure and penitent Heart. Amen.

Saturdays Meditation.

Of Hell and the Condition of those that are doomed to it.

I Am surprized with Horror and Amazement when I do but reflect upon this place, and am no less astonished to consider what God hath revealed to us in the Scripture, touching the dreadful circumstances of hellish Punishments, and yet to see how little the wicked Men of this World do fear; and indeed how little I my self have regarded them. I have not suffered the thought of Hell to dwell upon my spirits, lest it should prove too great an allay and hindrance to my Pleasures and earthly Contentments. But I am well assured that this is the only time wherein I may avoid all; now is the Season when I may put my self out of Danger of all these terrible matters; and therefore this very day I will resolve to fix them in my Thoughts, for I know not what shall become of me to morrow; it

it may be, my Heart will then be as hard and careless of all these Affairs as it hath been heretofore. Besides, I know that it cannot be very long before I must be judged; and that the Pains are intolerable and yet eternal, which do attend and expect the Wicked: I confess them most unfortunate and miserable, who for Pleasure or Commodity of this World are fallen into them: What then should hinder me to dispatch my self of all Impediments, and break violently from the Charms of this wicked World, which hinder me from this true and zealous Resolution? Why should I sleep one night, seeing this night may chance to be my last? I know if I come there with any Guilt upon my Soul, any Sin unrepented of, I must stand to that which is past, and according to my former demeanour must receive my doom. I shall behold a Judge there, whose Face I cannot avoid, whose Wisdom I cannot deceive, and whose Equity I cannot bow, whose Severity I cannot mollifie, whose Indignation I cannot appease, whose Determination I cannot alter,

alter, and from whose Sentence I cannot possibly appeal. Alas, what will all these delicate People do at that instant, who live in Ease and Pleasure, and can take no pains in the Service of God, nor abide to hear the naming of that day? What shift, I say, will they find out in their extremities? Whither will they turn themselves? Whose help will they crave? They shall see all things cry Vengeance round about them, all things yield them cause of Fear and Horror, but nothing any spark of Hope or Consolation; above them they shall behold the Judge offended with their Wickedness; beneath them, Hell opened, and the cruel Furnace ready prepared to receive them to torment; on their right hand shall be their Sins accusing them; on their left the Devils ready to execute God's eternal Sentence upon them; within them shall lie their own Consciences gnawing; without them all damned Souls bewailing; and on every side the whole World burning. And whilst the Saved are rejoicing and singing Praises to their Saviour, the Damned will be

be blaspheming and cursing the day of their Nativity. Consider the intolerable upbraiding of those most insolent infernal Spirits against the miserable condemned Souls which are delivered to their prey? with how bitter Scoffs and Taunts will they drag them to their Torments? Consider the eternal Separation that must be then made of Fathers and Chiidren, Mothers and Daughters, Friends and Companions, the one to Glory, the other to Misery, without any hope ever to see or hear any more the one the other; and that which will be as great a Grief as any of the rest, the Son or Daughter going to Rest or Joy shall not take pity of their own Parents or Friends that are carried to Calamity, but rather shall rejoice thereat, for that it redoundeth to the Glory of God for the execution of his Justice. O my Soul, who art now considering of these things afar off and then shall be present to see actually before thine Eyes; what a doleful Separation will that be! What a parting! O let me think seriously, where will all my Delights, Recreations, and Vanities

ties be at that day, all mine and my Parents Pleasures and Pastimes, and our Pride and bravery in Apparel, our glittering in Gold and sweet Savours and Perfumes, our Honours and Adorations of Cap and Knee, our Adulations of Flatterers, our delicate Fare and dainty Dishes, our wanton Dalliances and pleasant Entertainments? Where are all our Friends and merry Companions, accustomed to laugh and disport the time with us? Are all now gone? O Vanity of Vanities, when we have most need of them they are farthest from us, and the Remembrance of them shall do nothing but torment us: O how sour will the past Pleasures of the World seem at that day? How doleful will the Cogitations thereof be unto us? How frivolous a thing are all the Delights, Dignities, Riches, Offices, and other Preferments, wherein we take such excessive Satisfaction now, and do weary our Spirits for gaining the same? And on the contrary side, how joyful will that Person be at that instant, who hath attended to lead a vertuous Life, in resisting of Sin,

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and doing good Works, albeit it were with much pain and contempt of the World? Most happy Creature shall he or she be that ever they were born, and overwhelmed with Joy, that ever they walked in the paths of Religion; and no Tongue but God's can express their Happiness. And this by God's Grace shall be the Business of my remaining days.

The Ejaculation for this day.

Holy Father, season my Soul with such a Dread of eternal Torments, that no Temptation may so bewitch me as to commit any thing that may bring me in Danger of them! and let me this day order my steps so vigilantly, that I may contract no Stain, which may occasion thy Displeasure towards me, for Jesus Christ's sake. Amen.

Sundays Meditation.

Of Heaven and the Joys of that Place.

IF a poor afflicted Man, that were out of his way, wandering alone in a deep miry dirty Lane, in the midst of a dark and tempestuous night; far from Company, destitute of Money, beaten with Rain, terrified with Thunder, stiff with

with Cold, wearied out with Labour, almost famished with Hunger and Thirst, and near brought to Despair, with a multitude of other Miseries, should upon the sudden, in the twinkling of an Eye, be taken out of that Affliction, and be placed in a goodly, large, and rich Palace, furnished with all kind of clear Lights, comfortable Fires, sweet Savours, dainty Meats, soft Beds, pleasant Musick, delicate Apparel, and honourable Company, all prepared for him alone, and all to attend his coming, to receive and embrace him, to serve and honour him, and to crown and appoint him King for ever: What would this poor Man do? How would he look? Certainly his Heart would be ravished with that sudden and exceeding greatness of so inestimable a Comfort; yet so shall it be, and much more with those happy Souls that come to Heaven from the Troubles of this Life; for never was a cool Shade so pleasant in a hot Summers day, nor a Well spring to the poor Traveller in his greatest thirst of the Summer, nor the repose of an easie Bed to a wearied Servant after his Labour at night, as shall this Rest of Heaven to a wearied Soul that comes thither. *St. Paul* tells us, that we shall see God Face to Face; *St. John* tells us, that we shall see God as he is: both these Apostles intimating, that all Happiness is comprized in that; And the reason of all this is, because all the Pleasures, Delights, and Contentations of this World, wherein mortal Men do solace themselves, being nothing else but little pieces of God's incomprehensible Felicity: The same

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are contained, and much more perfectly in God himself, from whom they are derived: So that they are in their own nature imperfect unto Men: But now in seeing God, we shall see all the Goodness and Perfection of worldly things compact and united together, and presented unto us all at once: And then this flesh of ours that now is so cumbersome, grievous to the Mind, that now is invested with so many Inconveniencies, subject to so many Mutations, vexed with so many Diseases, defiled with so many Corruptions, replenished with so many Miseries and Calamities, shall then be made glorious and most perfect to endure for ever without Change or Mutation, and to reign thus with our Souls everlastingly. O what a joyful day will that be to thee, having lived in the Fear of God, and having now atchieved in his Service the end of thy Pilgrimage! thou shalt come at thy Death to pass from Misery and Labour, to Life and Immortality: And in that Passage, when others begin to fear, thou shalt lift up thy Head in Hope: What a day of Joy shall that be unto thee, when thy Soul slipping out of prison, and conducted by the Angels into the Tabernacle of Heaven, shall be received there with the honourable Company and Troops of that place, with all those blessed Spirits, with Cherubims and Seraphims, Patriarchs, Prophets, Martyrs, Virgins, Innocents, Confessors, holy Bishops, and other Saints of God! All which, as they did rejoyce at thy conversion from Sin: so shall they triumph now at thy Coronation and Glorification: What Joy will thy Soul receive at that day, when she shall be presented
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by her good Angel into the presence of all those princely States, before the Seat and Majesty of the Blessed Trinity ! What recital and declaration of all thy good Works done, and Troubles suffered for the Love and Service of God Almighty ! When, I say, these blessed Spirits shall lay down in that honourable Consistory, all thy vertuous Acts, with their particularities, all thy Almsdeeds, all thy Prayers, all thy Fasting, all thy Innocence of Life, all thy Patience in bearing Injuries, all thy Constancy and Industry, all thy temperance in Meats and Drinks, all the Vertues of thy whole Life : When all I say, shall be recounted there, all commended, all rewarded ; shalt not thou see the value and profits of holy living ? Shalt not thou now confess from the bottom of thy Heart, that gainful and honourable is the Service of God ? Shalt not thou now be most joyful, and bleis the hour ten thousand times, when thou first resolvedst to leave the Slavery of this miserable World, to serve only so bountiful a Lord ? Shall not thou now think thy self beholden most deeply to him or her, that perswaded thee first to make this Resolution ? But yet more than this, when thou shalt look round about thee, and see what a port and haven of Security thou art arrived at, and shalt cast back thine Eyes upon those Dangers thou hast passed, and wherein other Men are in hazard, thy cause of Joy shall be greatly increased, for thou shalt see now evidently, how infinite times thou wert in peril to perish in thy earthly Pilgrimage, if God had not held his special hand over thee ; thou shalt now see the Dan

ger wherein other Men are, the Death and Damnation wherein so many of thy Friends and Acquaintants have fallen in, the eternal Pains of Hell incurred by sundry that used to laugh and be merry with thee; all which shall augment thy Felicity of this so fortunate a Lot, And now for thy self, thou mayest be secure, thou art out of all Dangers for ever; there is now no more need, or Fear, or Labour, or Care, thy only Exercise will be now to rejoice, to triumph, to sing Hallelujahs to the Lamb, that hath brought thee to this Felicity. and will continue thee there for everlasting. Moreover thy Happiness will be much advanced by meeting with all thy godly Friends in Heaven, with Father and Mother, with Brethren and Sisters, with Kindred, Relations, Familiars and Acquaintants; where mutual Embraces and Welcomings will still increase thy Joy. Add to this the most triumphant Exultation that shall daily be at the fresh arrival of new Brethren and Sisters coming thither from time to time, with the Spoils of their Enemies vanquished and conquered in this World. O what a comfortable Sight will it be to see those heavenly Mansions filled every day with Men and Women; to see the Crown of Glory set upon their Heads, and that in all varieties, according to the infinite variety of their Combats and Conquests; One for Martyrdom and Confession against the Persecutor; another for Virginity and Chastity against the Flesh; another for Humility and Poverty against the World; another for many Conquests together against the Devil. And now, my Soul, thou hast been shew'd a faint
Draught

Draught of Heaven, and sure thou canst not but from this dull prospect, long, desire, and even pant to gain a little of it. But there is no other way ever to arrive there, there is no hope to be crowned with his Wreath of Glory, but by a vertuous and holy Life, by keeping of God's Commandments; for it is not every one that saith, Lord, Lord, shall enter into the Kingdom of Heaven, but they that shall do the Will of the eternal Father of Christ, who is in Heaven. And I am well assured that whatsoever hath been the subject of this Week's Meditation either of my Creator or Creation; of my particular end, or of the Majesty, and Bounty, and Justice of my God and Saviour; as also of the Account that he will one day demand of me and of the Punishments and Rewards laid up for the Life to come. All this, I say, hath been to bring me a true Sense and Apprehension of my poor Soul, and to engage me to a vertuous and holy Life here, and so to guide me to inexpressible Joy hereafter. The Lord God of Heaven give me Grace to make use of all those blessed ends. *Amen.*

The Ejaculation for this day.
Lord fix my Heart so firmly on thy everlasting Joys, that nothing in this World may ever hinder my pursuits of them, and let this days Performances some ways advance my Assurance of them, that so when I return to my earth, I may lie down in sure and certain Hopes to be transplanted into those Mansions, where all Tears shall be wiped from mine Eyes, and live eternally with my Saviour J E S U S. Amen. Amen.

Glory be to God on High.

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